



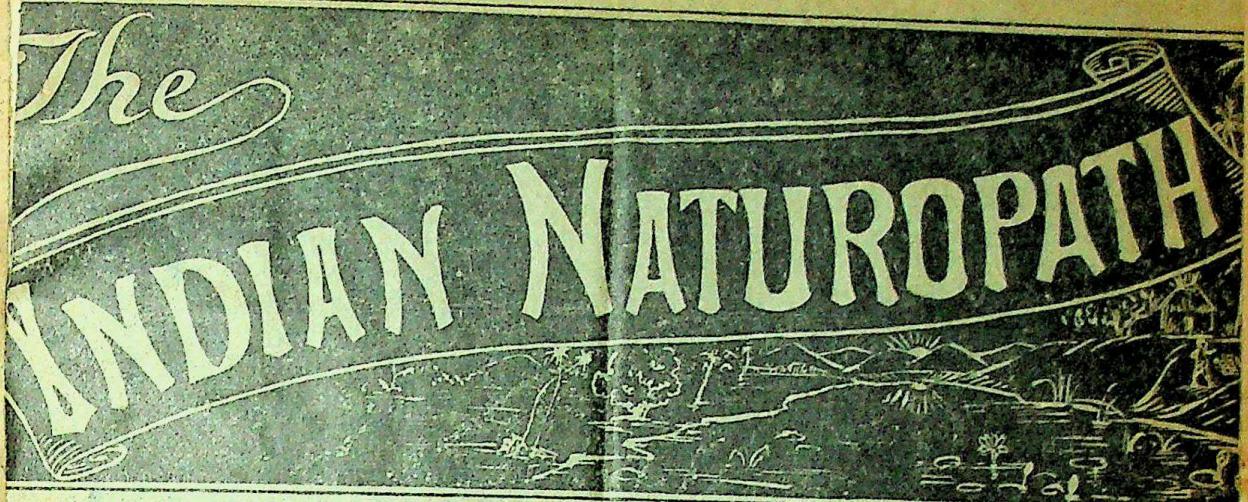


078583

KFT 1300



# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

*Editor: Dr. P. VENKATRAMAYYA, N. D., D. M.*

## CONTENTS.

---

Editorial Notes	...	...	1
Andhra Desa Naturopathic Conference, Nellore	...	...	2
2nd Andhra Provincial Anti-Vaccination Conference, Nellore	...	...	3
The experiences of a sufferer who got relief from Nature-Cure	...	...	4
Rheumatism and its Nature-Cure	...	...	5
Choose your diet by color	...	...	8
Are Vegetarians good fighters	...	...	10
Gleanings	...	...	12

**U.P. GOVT. ROADWAYS, M.**  
**DAILY VEHICLE EARNING S**

e of Station.

Duty Slip No.	Buses No.	Name of Route		KILOMETERAGE					No. of Single Trip	Consumption	Average	No. of Passeng Carried		
		From	To	Earning	Dead	Relief	Dept.	Total				Upper	Lower	

## WAYS, MEERUT REGION.

Date: \_\_\_\_\_

## OPENING STATEMENT

Page No.





078583

Foreign Sh. 3, or \$ 1

# The Indian Naturopath

## REMINDER No. 1.

Dear Sir,

Your subscription expires with the issue of December.

You have not sent your subscription in spite of our Reminder.

Please send it immediately and help us in the publication of our journal and oblige.

*Please send  
your Subscription, or, Reply*

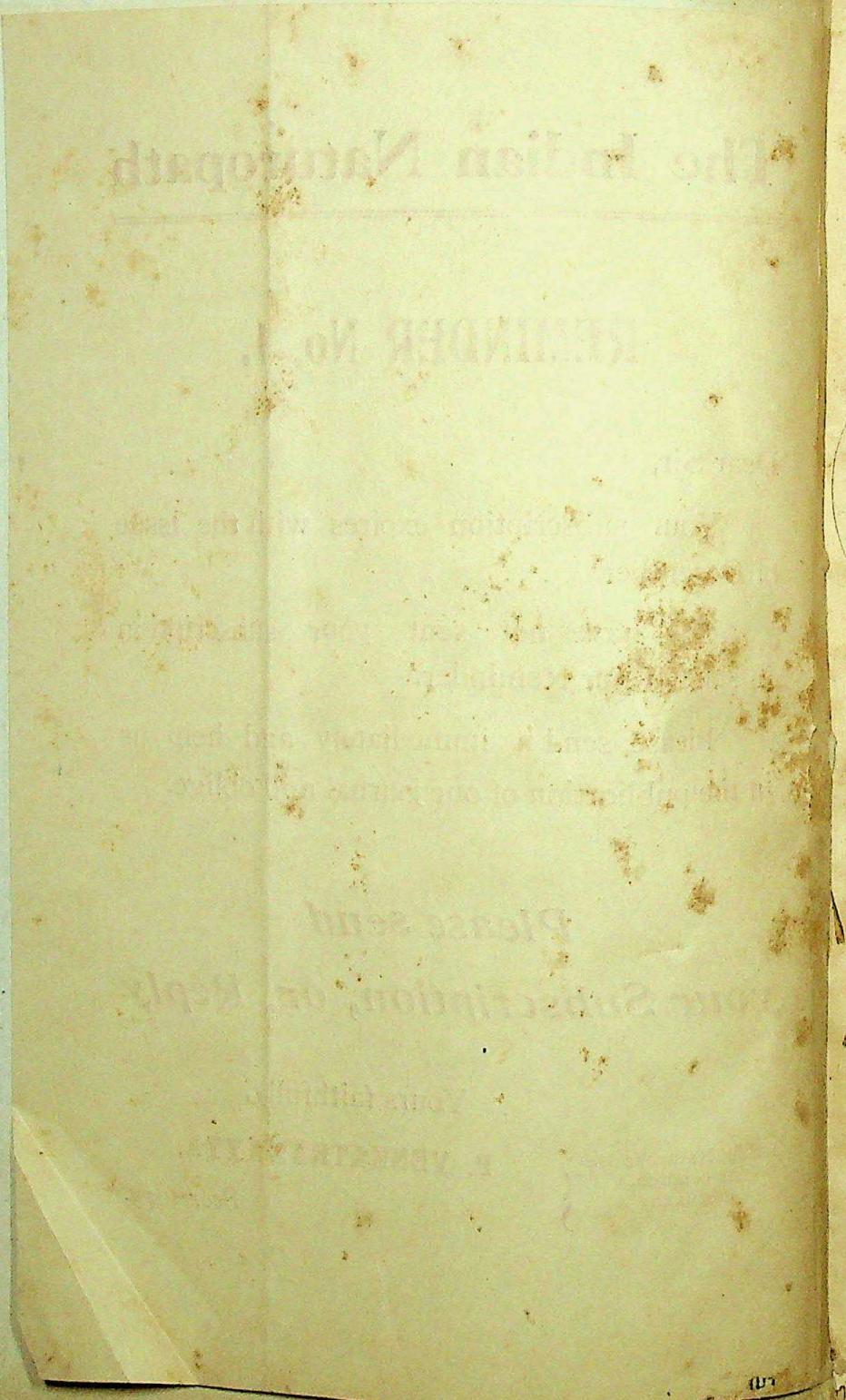
Yours faithfully,

P. VENKATRAMAYYA,

Secretary.

Indian Naturopathic Association, Bezwada,

Patna





078583

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$. 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — January, 1940

No. 1

## EDITORIAL NOTES

### The Doddipatla Nature Cure Home

We are glad to inform our readers that a branch of the Andhra Naturopathic Academy is going to be opened at Doddipatla near Palakol, West Godavari Dt, South India, under the patronage of Mr Ch. Ramajogayya, one of the rich land-lords of the locality.

Mr Ch. Ramajogayya attended the fifth Nature Cure Camp held at Bezwada in the month of May 1937 and enlisted himself as a patient for the cure of his paralysis. He took instructions in the camp and faithfully followed nature cure for these two years and a half. He had considerably improved and with a zeal to spread the gospel of nature cure he had financed the seventh naturopathic training camp held at Doddipatla last year and promised to extend his patronage in the holding of the 8th naturopathic camp at Doddipatla this year also, in the month of April, 1940.

Besides these things he is now going to open a permanent nature cure home in his village for the benefit of the suffering brethren.

He requests all those interested in nature cure to attend the opening function of the nature cure home to be held at Doddipatla on 17-1-40 and bless its success.

### The Eighth Naturopathic Training Camp, 1940.

As usual the Andhra Naturopathic Academy is going to hold her annual training camp this year at Doddipatla from 1-4-40 to 21-4-40 both days inclusive.

Students desirous of taking instruction in the practical demonstrative classes, must study the books specially prescribed for the different courses for the first, second and the third years of their study. An entrance examination will be held in the beginning of the camp and those that come out successful will be admitted into our demonstrative classes. Of course the medium of instruction will be Telugu.

The students should take uncooked food that is supplied free by the organisers and must come prepared to pay the cost of their food if necessity demands.

It is a well known fact that the Academy is making researches every year in the benefits of uncooked food. All those that are interested in the research are cordially invited to attend and help us with their kind suggestions in the observations.

Those that do not know the Telugu language may also attend the camp and take instructions from Dr. Pucha as he will make short discourses every day in English for their benefit.

# Andhra Desa Naturopathic Conference, Nellore

President: Dr. P. Venkatramayya, N. D., Editor: Prakriti

24-12-39

Rao Saheb O. Viswanadharao B.A.B.L., Vakil spoke at length about the excellence of the system of Naturopathy. Dr. Swami Bhikshu of Saraswati Sangham of Madras then detailed about the need of adopting the Naturopathic system for curing diseases and thereafter the following resolutions were passed.

1. This Conference congratulates the Andhra Prakriti Dharma Parishat on the successful way in which it has been carrying on Nature-cure Propaganda these seven years and conducting camps.

2. This Conference feels that there is need for carrying on Naturopathic work on a still larger scale and for that purpose resolves to take the following steps immediately.

- i. The establishment of a College in Andhra Desa for imparting instruction in Naturopathy.
- ii. A Central Naturopathic Hospital.
- iii. A Naturopathic Hospital in every District.

3. This Conference is of opinion that the torturing of innocent animals for extracting vaccine is opposed to the doctrine of non-violence and has been condemned by leaders like Mahatma Gandhi that this serum is a tamasic product detrimental to the well being of human bodies and therefore requests the Government to abolish Vaccination altogether or in any event to abolish Compulsory Vaccination. This Conference is of opinion that as in the case of other diseases those who wish to undergo vaccination should go to the Hospitals to the Government Depot and exhort the Government not to spend Public funds for maintaining vaccination staff.

This conference calls upon the Govt. to maintain accounts to show the diseases

produced by vaccination and the deaths arising from vaccination.

4. Sunlight, pure air & food which can purify blood are the chief agents for the prevention and cure of tuberculosis according to Naturopathy. This conference requests that contributions may be granted out of the Anti-tuberculosis fund to the Naturopathic Hospitals at Bezwada, Allahabad, Bheemavaram, Mortota and other Naturopathic Hospitals.

5. This Conference is of opinion that the holding of schools after 10 a. m. is contrary to the hygienic conditions of this country and calls upon the managements to have the classes in the morning hours instead.

6. This Conference requests the Government to recognise the Naturopathic physicians equally with doctors of other systems, in consideration of the fact that Nature cure is easy, cheap, safe and entirely free from the use of any poisonous drugs whatever.

7. This conference calls upon the people and the Govt. to discourage the use of machine milled rice as it is prejudicial to public health and suggests that taxes may be levied upon milled rice except such rice as is intended for export to other countries. This conference calls upon the people and the Government to widely demonstrate the uses of the wooden grinding mill and to encourage the use of such rice.

8. This Conference requests the provincial Govt. to grow and to maintain public parks and gardens in order to promote public health in the villages and to take particular care to maintain communal gardens already in existence. This conference urges on the public of Nellore the need of establishing a Naturopathic Hospital

## THE INDIAN NATUROPATH

3

in the District and for this purpose calls upon the people to help the object with donations and in other ways.

To carry out this object the following gentlemen are constituted as a committee with power to add to their number.

1. Mr. V. Venkata Subbayya B. A. M. L. A. 2. Mr. Rao Saheb O. Viswana-dha Rao B. A., B. L. 3. Mr. Ch. Viswana-

dham B.A., B.L., 4. Rebala Pattabhi Rami Reddi, Land Lord, 5. Mr. Ponnaluri Raghava Reddi, Land Lord, 6. Mr. B. Venkatakrishna Reddi, Land Lord, 7. Mr. G. Narayana Rao M. A. L. T., 8: Mr. C. Kannaiah Setti, Merchant.

With a vote of thanks to the chair and the audience the conference came to a close.

## 2nd Andhra Provincial Anti-vaccination Conference, Nellore

24-12-39

Under the presidency of Dr. Swami Bhikshu (Madras)

### RESOLUTIONS

1. This conference is of opinion that Vaccination is not only a failure but produces diseases and death, and prays that the Government may abolish compulsory vaccination.

2. This Conference prays that the Rules made under the Local Boards Act and the District Municipalities Act may be so amended as to limit proceedings taken for failure to vaccinate a child to a single prosecution only.

3. This Conference congratulates the Andhra Anti-Vaccination League on the splendid work it has turned out during the past year and requests the public to support the League with funds to enable it to

work more vigorously still in the coming year.

4. The following have been elected as office bearers for the ensuing year.

(1) V. Venkata Subbayya M. L. A. President. (2) Dr. Swami Bhikshu, Vice-President. (3) Dr. A. Lakshmi pathi M. B. C. M. (4) D. V. Ramaswamy, M. L. A. Vizag. (5) C. R. Parthasaradhy Iyengar, M. L. A. Nellore. (6) Nadimpalli Subbaraju M. L. A. Amalapore. (7) Mote Narayana Rao, Zamindar, Ellore. (8) O. M. Subrahmanyam, Vakil, Ongole. (9) Dr. B. Sundara Gopala Rao, Rajahmundry, (10) and (11) Drs. P. Venkatramayya and A. V. Krishna Rao, Joint Secretaries.

## STRIKING FACT ABOUT VACCINATION

In England and Wales in the 33 years ending December, 1937, only 118 children (under 5) died of small-pox, but 291 died of vaccination.

*(From reply of Ministry of Health,*

*13th July 1938.)*

## The experiences of a sufferer who got relief from Nature Cure

I am now nearly sixty years old. Till I was forty years of age, I had various diseases and used to get temporary relief from medicines given by allopathic doctors. But I was able to do hard executive work and discharge other official duties satisfactorily while I was Tahsildar for two years about 20 years back. That was chiefly due to my frequent visits to villages and inspection of tank bunds, fields where I exposed myself to the sun, breathed pure air and often took natural foods. I had also facilities for taking fresh vegetables in plenty. I was often obliged to take my mid-day meal only after feeling hunger for some time. I was therefore following some of the principles of natural healing, without my knowledge thereof.

I was thereafter transferred to the Town as a special acquisition officer for acquiring lanes to the Municipality. My health was affected on account of my frequent inspection of backyard lanes. After a period of over one year, I was again transferred as Tahsildar of a Taluq, and I worked in that place for about two months. I was again transferred to the Chief Court Registrar's place in the Town. I had to work in that place for about three years. Within a few months of my transfer my health gradually weakened. I got pain in the stomach after meals. My feet became bloated if I sat on the chair and worked for two hours, stretching my legs down. I also frequently got shivering fever. I was under the treatment of allopathic doctors. I first took western medicine and then Ayurveda medicine for over six months. I did not get sufficient relief. As a last resort I adopted nature-cure. I first took steam-baths followed by hip-baths. As my constitution was unable to stand the strain, I took sun-baths every week followed by hip-baths or wet bandage. I took coconuts or lime-water alone during fever. I was also drinking water in achamana doses once in ten or fifteen minutes. As I was not able to take either steam-bath or sun-bath during

fever, I sometimes plunged my feet in the tub containing hot water and covered my body with cloth and blanket. I sometimes lay down in the tub and had hot water poured on me in small quantities. The temperature of the water was gradually raised and subsequently lowered to that of ordinary water. That was followed by wet bandage. After the fever subsided, I first took vegetable diet and gradually substituted wheat or rice diet mixed with vegetables. I avoided completely tamarind and chillies. I was getting fever for about six months. I did not get it thereafter. My general strength improved gradually. I had to work as a sedentary officer for about 6 or 7 years and was given touring work thereafter. I have all along been careful to take morning and evening walks, to eat unstimulating diet alone with plenty of vegetables in the day time and to drink milk sweetened with plantain fruit chips in the night time. I take food sparingly only twice a day only when I was hungry and could masticate it well. After I took to nature cure, I have done hard work in various capacities without being obliged to take leave frequently on account of indisposition. The regulation of diet seems to me to be more important than the taking of the various baths. For the last four or five years I have not been taking the baths but I have been scrupulous about my diet and about my walks. I feel alright in health. I would therefore request all those interested in nature-cure to make free use of sun, air and water and to regulate their diet in such a manner as to conform as far as possible to the standards prescribed by trained naturopaths. I would also request them to resort to nature-cure for all their ailments under the guidance of a trained naturopath.

A Sympathiser.

(P. S. Vaidyanatha Aiyer, B.A., B.L.,)

(Retd. Dewan Peishkar, Pudukotah State)

# RHEUMATISM and its Nature Cure

By Sarma K. Lakshman, B. A., B. L., N. D.

Diseases are either acute or chronic. And it is easy to distinguish the chronic from the acute. This is all the diagnosis needed in applying the methods of Nature; nothing more; the follower needs to know whether his case is acute or chronic; knowing that, he is at once able to decide for himself the treatment he needs. The innumerable names and forms, with descriptions of symptoms, and the varied and costly methods of so-called scientific diagnosis—by X-ray, by blood-test, by bacteriological analysis,—are not only vain, but positively mischievous.

He that understands that all diseases arise from the same cause, namely wrong living—especially wrong eating—and that cure consists in making amends for the wrong done, does not need to know what particular name will be given to his trouble by an allopathic or Ayurvedic doctor. On the other hand he that has *not* this saving and liberating knowledge needs to go to a doctor who will first diagnose his case, and then give him a special prescription supposed to be suited his case. Medical science has developed a great variety of diagnostic methods, some of which have been named above. Sometimes they inoculate a patient in order to see how he reacts, before coming to a decision. All this trouble, expense and risk are due to the fact that allopathic treatment is far from simple, and admittedly dangerous; it consists in using poisons which are harmful in any case, but which are potent enough to counteract for a time the symptoms of a disease if given discriminately. Very often the doctors disagree; surgeons diagnose something supposed to be curable by operation, while Physicians diagnose differently.

All this trouble is evaded by the follower of Nature-Cure. He need not use any poisonous remedy; in fact he ought to avoid them, and seek to help Nature to eliminate in a natural way the poisons that have been put into him previously in the days of his ignorance and bondage.

Rheumatism is a chronic disease, and as such it is specially native to cold countries, such as those in the far north, where the light of the Sun is weak and obstructed for the greater part of the year. On the other hand acute diseases are specially native to our climate. But with the advent of the civilisation brought to us by the white man, rheumatism and other chronic diseases have already become native to our homes. They even come to fairly young people.

An athlete who was taking vigorous and ample exercise for some time became rheumatic some time after he stopped regular exercising. He confessed that he kept on eating the same heavy breakfast, after he discontinued exercise, which he was eating with impunity while he was regularly exercising. This breakfast consisted of steamed cakes of rice and black gram dal; the rice and dal are soaked and ground in a mortar and mixed afterwards in the proportion of about three parts of rice to one part of gram. This is a soft, spongy cake which is very palatable if eaten with chutney or other appetiser, and is easy to overeat. It is the customary breakfast of the Tamil people. It is naturally heavy and tends to clog the bowel; those that lead an active life may be able to digest and assimilate it, and also to excrete the wastes arising out of it; in this way they escape the consequences of eating such heavy food.

The majority of people do not take any regular exercise. If their occupation is sedentary, their digestion is apt to be weak. But so long as they enjoy average health, they have an appetite for food, if the food be rendered palatable by means of chutneys or condiments, such as salt or sugar. Naturally they always eat a little more than their vital powers are able to dispose of. The waste products of the food are not eliminated completely and this leads to the wastes accumulating in the body and making it sickly.

## THE INDIAN NATUROPATH

Most people eat a substantial meal at night, and sleep upon it. Sleep, as was wisely remarked by Dr. Deway, is not a hunger producer; only hard physical labour or exercise is such. But custom makes them eat some very substantial food in the morning. In the south the custom is to eat those steamed cakes or something else flavoured with salt. In the North milk is drunk and some sweets are eaten at the same time. Some eat poori and potato. This food is eaten at a time when they have no hunger, and when they ought to let their stomachs remain empty, so that they may be rested and recuperated. Most people excuse themselves saying that they get their dinner late, and that they cannot remain fasting all the time. These people should go to bed without taking a substantial supper, so as to be hungry early in the morning; even then they ought not to eat such heavy stuff; nor should they eat the very things they are eating; the food that is eaten should be *positive*, that is, self-eliminating. Fruit juice, or juice of herbs or raw tender vegetables, diluted with buttermilk, would be a healthful breakfast; the same may be taken once again if needed, before the dinner hour.

There is another cause for chronic diseases, namely the eating of a substantial meal before going to work; working on a loaded stomach is contrary to Natural Law, and causes a waste of vital power, and encumbrance of the vital organs with poisonous food wastes. The importance of this natural law is fully expounded in Practical Nature-Cure, which may be studied in this connection.

A third cause of chronic disease is the excessive eating of negative food and the neglect of foods of a positive nature. Positive foods are chiefly vegetables—especially raw and tender ones—herbs and greens, and fruits that are not sour. They are called positive because they assure positive health. Positive health is real health as distinguished from the mere non-appearance of disease in a sensible form, which is often mistaken for health. Rice, wheat and other food-grains are more or less negative, and if they are processed in

some way, so as to remove the bran, the germ and other substances that lie on their outside, they are still more negative. Bread made by bakers from refined flour (maida) biscuits of the same flour, and polished rice are therefore unwholesome. Negative foods are in the long run constipating; which are absorbed and carried to the brain, where they poison the nerve-centres they cause the stools to stagnate in the bowel and give off foul gases.

Even positive food would become negative if cooked and drained of their soluble essences. These and other rules are expounded in practical Nature-Cure.

There is one more cause of chronic disease, which needs to be mentioned namely the suppression of fevers and other acute troubles by means of drugs and other unnatural remedies.

There is no wonder therefore that drug treatment for chronic cases is always a failure. Real and radical cure of such cases is possible only by correcting the errors that have caused the diseased condition; there is no other way.

When foreign matter gets into the joints and causes pain, then it is called rheumatism. The foreign matter must be made to go away from the joints and got rid of backwards along the same path by which it came there. This can be done only by natural methods.

I shall give two examples, to show that Nature can cure even very bad cases, which have been found to be incurable by medical methods.

In 1920 I happened to be in Gonda, which is in the Tarai region, and was consulted by a school-teacher who was a confirmed rheumatic. His knee-joint had become stiff and bent at an angle, so that he was lame of that leg. By my advice he greatly reduced his food and altered it so that it was much more positive than before. He also took sun-baths, steam-baths, hip-baths and sitz-baths, and generally altered his habits. Within a month

his lameness was gone and he was able to walk long distances with ease.

Recently a gentleman in Pudukottah, also a teacher, who had suffered for about twenty-five years from rheumatism, and tried all kinds of medical treatments without success, came to me for advice. He got enormous relief in a few months and became able to do his work with ease. After a year of his beginning the new treatment the disease came back in an *acute* form, along with another acute trouble, namely a painful inflammation and swelling of a testicle, which they call 'architis.' For about a week or more he fasted absolutely, taking warm and cooling baths, bandages for the pain, and sometimes steam-baths, and thus got over the pain and the swelling. Then he ate raw tender vegetables and some green herbs, and also took the water of tender coconuts or fruit-juice, and in a few weeks was completely cured.

I shall now describe the treatment in some detail. It may be understood by the reader that this treatment is not one peculiar to cases of rheumatism, but suitable in all chronic cases, whatever be the name by which it may be called, and whatever its symptoms.

The treatment of a chronic case is different from that of an acute one in two respects. In the latter the patient must begin the treatment with fasting, and must go on fasting until the disease abates considerably, just as in fever; afterwards he must renovate his general health by means of right diet and general obedience to the laws of health. Also in an acute case very frequent baths are as a rule necessary and useful. In both these respects chronic cases are different. A chronic must first renovate his constitution as far as possible by a reformed way of eating, and must take not more than two cooling baths daily.

But in the course of treatment a chronic case will usually change to an acute one. There will be severe pain and there may also be fever; sometimes painful inflammations, as in the second case men-

tioned, may set in. This change to an acute condition is a good thing for the patient. So he ought not to be discouraged or frightened. On the contrary he must welcome the change as a proof that Nature has *begun* to cure him of his chronic disease. Chronic diseases are made curable by being changed into acute ones: and *Nature-Cure alone can effect such a change.*

If such a change occurs, as it occurred in the case of the Pudukottah patient, then the treatment must be as for an acute case.

So there are two treatments to be understood and followed; (1) an initial treatment for the chronic stage, to be followed until the disease changes to an acute condition; (2) a later treatment for the acute stage.

In the chronic stage the patient must take only one meal a day. If he has work to do in the day, as a teacher or clerk, or lawyer, or judge or otherwise, he must take this meal at night, unless he can manage to have not less than two hours' rest after the meal. In case he has to postpone the meal to the night according to this rule, he may take some light repasts, of fruit-juice or medicinal food-drink, once or twice at suitable hours.

The medicinal food-drink that I would recommend is prepared as follows. Take some raw tender vegetable, cut it into small bits, crush it well in a stone mortar and squeeze the juice, add to it plain water or buttermilk or fruit-juice: a teacupful of this, or a little more, may be taken at about 9 a. m., and again at about, 2 p. m. or at other convenient hours. It may be taken thrice if necessary.

If sour fruits such as oranges are used, then the juice should be prepared by cutting the fruit into two, without taking off the skin, squeezing the halves, and washing the juice on the hand into the juice, so that the juice of the skin also may be mixed with the fruit-juice. The skin contains medicinal substances that are necessary for cure, and hence fruit-juice prepared in the

ordinary is not sufficiently medicinal. Raw milk of grazing cows, or of goats, may be sipped in the evening; to this herbal juice may be added.

The substantial meal must be as follows. Raw tender vegetables should be cut into small bits; to these should be added some sweet curd and co-coconut,—or some other nut, such as cashew, almond, walnut or pista—and this mixture may be flavoured with gree coriander leaves. No salt should be added; if needful, a little honey or brown sugar or powdered gur (jaggery) may be added, not enough to sweeten the mixture. No rice, nor wheaten food need be eaten with this. A single wheat chappatti, or boiled unpolished rice, may be eaten; but if it be eaten, the cure would be delayed.

Sun-baths, basking or walking in the Sun and exercise in a non-violent way are useful to all chronic. Steam-baths are useful also. Cooling baths should follow whenever the body is so warmed as to per-

spire well. These baths are described in detail in 'Practical Nature-Cure.'

In most chronic cases the bowel is slow, the stools of the food of each day passing out only on the third or fourth day; while the stools are in the bowel, foul gases are generated, which pass into the blood and thus poison the nerves and weaken the brain. This bowel-slowness is due to the eating of too many meals daily. People think that if their bowels move once a day it is all right; it is not so; the bowel must move as often as one eats. The chronic rheumatic must eat only one solid meal a day and must also use the enema regularly and thoroughly so as to clear out the bowel and prevent the fouling of the blood by the gases generated there.

In conclusion the patient must not assume that after an apparent cure he may return to his old ways of eating. He must on the contrary eat more modestly and eat only highly positive food always, so that he may not become diseased again.

## Choose Your Diet By Color

BY LILLIAN R. CARQUE

(*Contd. from the last issue*)

In the course of our stumbling, cluttered and roughshod evolutionary journey, our subjective minds or the diviner portion of our natures struggle for the ascendancy, just as man's lower intellect is now combatting his emotions. Forthwith blue vibrations assert themselves, and commence to tinge the inner man; blue is the primary color of the subjective mind. When the higher intellect and intuition assume the offensive and threaten to overpower the passions and desires, a fierce battle begins to rage between the objective (lower) and subjective (higher) minds, and on this battlefield may be found most of the progressive men and women of today. Clairvoyants can see the auras changing in swift procession, advancing and retreating, oscillating from green to blue, with bombs bursting into flashes of red glare, and then

reverting back again to green, or perhaps to purple, a combination of blue and red.

It is not accidental that the blue color energies are a prolific source of phosphorus, for the brain and nervous system contain an appreciable amount of lecithin (phosphorus compounds), the gray matter of the brain enjoying seventeen percent of this substance. It is not surprising also, and very much in harmony with natural law to find that the blue group of foods is available to us mostly in our fruits, for their vibratory forces are of a higher grade in the school of evolution than are those occurring in the vegetable kingdom. Prunes and plums, black mission figs, some classes of berries, blue and purple grapes and raisins as well as currents are examples of foods that come within the

## THE INDIAN NATUROPATH

range of the blue classification. Here we have the occult explanation why the electrical cellular vibrations or vital electrical forces are most intense in fruits, and why this source of sustenance is actually sought and craved by those evolved souls of refined tastes and of nobler minds and morals.

In our upward and onward sweep towards evolutionary victory, the passions and desires ultimately lie irretrievably conquered, and are reduced to the role of submissive servants. The spiritual or nobler forces then assume front rank position, and propel the intuitions forward to their rightful commanding activity. Then the holier yellow, indigo and violet colors of spirituality reign supreme, interblended with blue. The ultra violet at the very extreme end of the sun's spectrum is of a very dark shade, which explains the deep color of so-called black berries and black mission figs, which are by no means black fruits.

Black symbolizes darkness, night, crime, evil and destruction. In manifestation and representation it is the very opposite power from that of white, which suggests angelic radiance, wholeness, perfection, divinity and holiness. Black is not, strictly speaking, a color, but includes all colors by absorption, impression, depression, compression or congestion. In striking contrast, white is the complete blender, composition and unity of all colors, their hues, shades, tints, tones and their

shadows. This explains why milk is white in color, as it is a complete food for the newborn human or calf. Note the scarcity of our deeper hued blue, indigo and violet fruits, in all probability due to our failure to attract or desire the higher vibrations, expressions of mind and soul.

Vital force, otherwise called "life," expresses itself as orange vibration, manifesting as a separate and distinct power on the subjective plane, fashioning and preserving the forms visible to our physical eyes. Its orange hue may be seen by the clairvoyant from the subjective side sweeping into everything, and giving vitality to all vehicles of consciousness, bodies or coats of flesh in nature.

All citrus fruits teeming in vitamins and minerals, many other summer fruits, sweet potatoes, squash, carrots and other red-orange, orange, yellow and yellow-green fruits and vegetables abound in this vital force. Indeed all green-leaf vegetation disclose it as their foundation building material when they become pale and etiolated. The corresponding minerals are calcium predominating, iron, sodium and magnesium. Calcium or lime, as we know, builds bones and teeth, and hence we can now see why its life giving orange and yellow color energies serve as the lime frame-work, skeleton or foundation building material for the temple of our soul. Might not the prevalence of rickets, flat foot and dental caries reflect in the bodies of the race a low degree of spirituality?

---

## THE CHROMOPATHIC INSTITUTE, BEZWADA

We are glad to announce to our subscribers who have placed their orders with us for their copies of 'Human Culture & Cure,' paying their post-publication prices, that the printing of the first three parts are over and the printing business will be over by the close of January 1940. The remaining preliminaries of binding etc. will be over by Feb. 1940 and the subscribers will have their copies by 1-3-40.

We are sorry, on account of world war conditions, we could not finish the work earlier, owing to the delayed receipt of our second consignment of antique paper specially ordered for the book from the producers. We crave the indulgence of our patrons.

I. V. RAMANAYYA,  
Secretary.

# Are Vegetarians Good Fighters?

By MELVILLE DURANT

SHOULD vegetarians fight?  
Can they fight?

Does a fleshless diet cause one to lose the fighting instinct, even under conditions of provocation that make self-defence imperative? The question has been raised in connection with the problem of universal military service. According to a recent article in the New York *Tribune*, vegetarians are said to be "conscientious" objectors not only to eating anything killed, but also to doing military service, for the reason that such service might compel them to kill.

We are not aware that vegetarians as a class are any less patriotic or less disposed to come to the defence of their country than any other group. Nevertheless, a certain anarchist who opposed conscription and was sentenced to a term of imprisonment at Atlanta, Georgia, declared that he was a vegetarian. The opinion has also been expressed by many writers that the warring tendencies of the dominant races of Europe and of the world were due largely to the eating of flesh, through some mystic and mysterious influence. What is the truth on the subject?

In taking up a question of this kind, one must abandon fanciful and unfounded theories and stick to cold, hard facts. What are the facts? We want validity and not plausibility of argument.

The statement that the sheep is meek and mild-tempered, whereas the meat-eating tiger is fierce and combative, has plausibility. But the proposition requires analysis.

Is it true that non-flesh eating animals are not combative? Certainly not. Any one who knows anything about the bull moose knows that there is no more dangerous animal in the world. He is a vegetarian. Then there is the bull buffalo. Take even the deer, a pleasing

animal, apparently of a sweet disposition. Everyone knows that on occasion a couple of bucks will lock horns and fight to the death. The horse is essentially a working animal. But the male is castrated to tame his fiery nature.

Considering the carnivorous animals, the question arises. Is their combative tendency the result of the kind of food they eat, or the result of their being highly specialized creatures in a certain direction, namely, adapted to secure their food through killing? The truth probably is that they are physiologically adapted to fighting on this account. They are temperamentally predisposed toward fighting through instinct, for their living depends upon it. It is natural selection. And yet even the dog, a carnivorous animal, is usually a friendly and peaceful creature except on the rare occasions that precipitate fighting.

Pugnacity, upon analysis, appears to be the result of inherited temperament rather than of the character of one's food. Food has tremendous importance in the matter of health, but it is doubtful if it affects materially the temperament and inclinations of the consuming animal, unless it has some drug quality of an irritating, stimulating or narcotic nature. You have a certain temperament. You can change your diet ever so much and you remain the same person. Food, no matter what kind it may be, simply furnishes the material which you use in building up your tissues into the kind of an organism that you are. The same elements in the soil may be converted either into an onion or a potato, according to the nature of the consuming organism. Food elements likewise may be converted into a white man or a black man; a man with a fighting spirit or a man with a gentle, philosophical turn of mind, again according to the constitutional qualities of the consuming organism. As a matter of fact, among our associates we have known vegetarians of an exceedingly combative, quarrelsome

nature, and we have known meat-eaters who are as mild and gentle as the proverbial sheep. And there you are.

As a matter of human and historical experience, some of the greatest fighters in the world have been vegetarian. For instance, the army of Cyrus the great. The armies of Rome subsisted almost entirely on a frugal, meatless diet. In later periods of history we need only cite the Turks, Bedouins, Arabs and other Mohammedans. The Turks for centuries have been famous for their fighting spirit and ability. Even as recently as the Balkan War, press reports showed that the retreating Turks passed over areas in which abundant cattle were to be had for the taking, and yet they never touched this meat feeling better satisfied with their simple vegetarian fare.

The aggressive, dominant races of Europe and North America are courageous and combative, not because of the use of animal food but because they are strong and energetic through being well nourished and possessed of the advantage of a climate

which is invigorating and stimulating. Any environment which is conducive to vigor and the building up of a strong-willed type of humanity is predisposed to the production of men who are ready to contend with problems, difficulties and obstructions of every kind. When men of this type are faced with the problem of self-defence, protection of their homes and the maintenance of national integrity, such men will fight and fight hard, whether they eat meat or wheat, fish or flour, poultry or pumpkins, ham or hay. So long as they are well nourished, strong-willed and courageous they will fight when the occasion demands it. The use of raw meat would not make any one a better fighter, unless it made him stronger and healthier, which is not to be expected. Besides, even if meat produced a certain irritability of temperament which is a matter still open to argument, even then you must remember that mere irritability is not a quality necessarily predisposed to success in fighting. Strength, speed and endurance are the vital qualities, whether one is vegetarian or carnivorous.

## Universal Uncooked Food

"The Hindu Out-Look" Delhi (in 2nd Sept '39 Issue) reviews thus:—

"Universal Uncooked Food" (For Human Health, Economy, Contentment and Racial Efficiency). A message of self-discipline and novel departure in healing without medicines, injections, operations and other methods, by Mr. B. S. Gopalarow, Nature Cure Advocate, Rajahmundry (1939, pages 221).

Back to Nature is the expert opinion of the day. The world of fashions is moving towards nudism: city people look to the country side for relief. Louis Kuhne's 'New Science of Healing has revolutionised the medical sciences and nature is going to take the place of the doctor. The book under review is an attempt by Mr. Gopala Row to show how uncooked food can be made to serve human health and vitality and also to drive away the pest of diseases from the earth.

Mr. Gopala Row bases his experiments on Louis Kuhne's theory that all diseases are due to the presence in our system of foreign matter, wasteful poisonous matter requiring emergent expulsion from the body. This matter can be eliminated or controlled by adhering strictly to uncooked food. It is a well known fact that heat destroys life. In the case of vegetables, the moment they are detached they gradually lose vitality and finally decay and the fire destroys the little vitality that is remaining. The author also deals with the method of shifting man from the "Variegated cooked delicious dishes to the equally good and delicious uncooked food combinations gradually leading them to nature mono diet."

The book is the result of the author's experiments and experience. If sufficient attention is paid, it will reveal itself as a blessing to the suffering and a gem in the treasure house of medical literature.

*Get a book, prevent diseases and save medical bills.*

Gleanings

## Look to the Sun

By Dr. Benedict Lust

Look to the sun for health and happiness! All creatures and plants—human, animal and vegetable life—thrive in the beneficent rays of this glorious orb. Only mushrooms raise their heads in dark, dank cellars but who wants to be a mushroom? The jungle animals, who have their being in the sunlight, are always well and strong. It is too bad that our modern civilization should have deprived many of us of the opportunity of living in the open, as children of nature and the sun; but we must not let this merchantistic age lock us away for ever from this life-giving element.

Sunlight on the bare skin is not only the best vitalizer known but it will relax and restore nerves that are tense and exhausted from pain and ill health. Don't forget, however, that the sun can also be very destructive if you are foolish. Take the sun in small doses, in the beginning, and more as your body becomes accustomed to it. A sane, sensible, rational regimen of sun-bathing will give you health and a measure of joy you've never known before.

## Don't Worry

Passing along the streets one sees so many worried, worn, haggard faces. It shows in their walk and talk. Ten minutes conversation with one such person and you feel their troubles being communicated to you. Of all the emotions there is none that can create such havoc. Often there is real cause for worry—but in most instances it is all in the imagination. We have found that the best cure for worry is to cultivate a smile of confidence and a belief that everything will "come out in the wash." It is a mistake to harbor a worry secretly for any length of time. Tell your troubles to some one whom you love or

trust and get their viewpoint and advice—and sympathy. It will help to clear the cobwebs out of your brain, and relieve your pent-up feelings. Associate yourself with cheerful people, and for heaven's sake keep away from 'gourches' and pessimists. Most important of all however, is to make sure that your living habits are in tune with nature; that you are eating right, getting plenty of sleep, and spending every leisure moment out of doors. No healthy man can worry. In the Modern idiom we say to you, be a "builder-upper" all the time. You'll be the better for it.

**The Homeopath** (Monthly Magazine)

(The Official Organ of the well-known Central Homeopathic League of India)

Subscribe and keep up-to-date

Read fresh articles on Anatomy, Physiology, Pathology, Symptomatology, Mid-wifery, Surgery, Philosophy, Organon and Pharmacopocia every month written by the leading Medical authorities.

Annual Subscription Rs. 3.

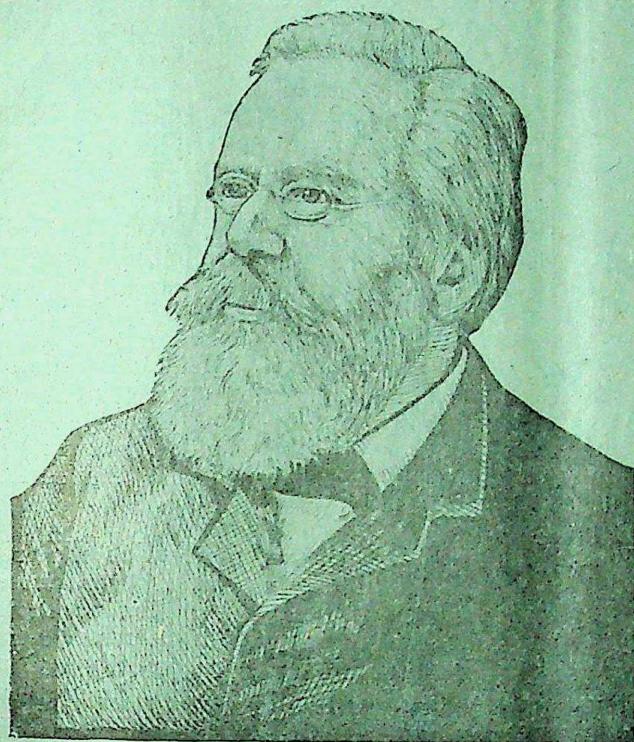
For Ladies Rs. 2-8-0.

Editor: Dr. D. N. Dhabba, P. W. 15, BAREILLY.

Save Rs. 10.

Book Your Order Now!

Pre-publication date expires by the 1st of January 1940.



Dr. E. D. BABBITT.

Part I	Philosophy of Chromopathy and apparatus.
Part II	Sexualogy and Sociology.
Part III	Psychology and Mental Healing.
Part IV	Nervous system and Insanity.
Part V	Diseases of organs and Cure.

576 Pages

150 Illustrations

is being printed on heavy antique paper and bound in cloth.

Pre-publication price (To be paid in advance) before (29.2.40) .... Rs. 10  
or £ 1; or \$ 6. Excluding postage

Post-publication price ..... .... Excluding postage. Rs. 20

*Publishers :*

**The Chromopathic Institute,**  
Andhra Grandhalaya Press Buildings, BEZWADA.

*Note :— All those who have sent the pre-publication price of Rs. 10 are hereby informed that the book will be published on the above noted date.*

Regd. No. M. 2170

# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are :

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

**The Indian Naturopathic Association, BEZWADA [S. India].**

Printed & Published by Dr. P. Venkatramayya, N. D. D. M., Genl. Secry. I. N. A.  
at the A. C. Press, Bezwada.

In particular,

[a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of person desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

**Do you want to be a MEMBER?**

Annual Subscription Rs. 3 only.

Members will get copies of

**INDIAN NATUROPATH FREE.**

# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL &amp; SPIRITUAL

Editor: Dr. P. VENKATRAMAYYA, N. D., D. M.

GLASSER BILL GRASSAM &amp; CO. LTD. BOMBAY 1940

CONTENTS.CONTENTS

	Page
Sastipurthi Mahotsavam of Dr. K. Lakshman, N. D.	13
Undesirable Mannerisms in Children	16
Pathological Necessities: — Cough	17
Compulsory Vaccination (Bhavanagar State)	20

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P. System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publication, unless and otherwise informed.

Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3—0—0 foreign Sh. 6, \$ 2: Magazine free to the members.

REAL HAPPINESS OF SEX & MARRIED LIFE REVEALED

IN

## Marriage and Sexual Upbuilding

By Dr. E. D. BABBITT, M. D.,

OF AMERICA.

Are you going to Marry? Are you in search of a happy & harmonious partner?  
Do you feel worried about your marriage relations?

IF SO

Solve these problems and become a master of yourself and your environment by  
STUDY of the above BOOK.

Price Rs. 2 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings :: BEZWADA.

Those who buy "HUMAN CULTURE & CURE" need not buy this book,  
as this is included in that.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — February, 1940

No. 2

## The Pioneer of Naturopathy

Dr. Sarma K. Lakshman, B. A., B. L., N. D.

### SASTIPURTI MAHOTSAVAM

The 61st Birth day पृष्ठिपूर्ति of Dr. Sarma K. Lakshman, B.A., B.L., N.D. the President of The Indian Naturopathic Association was celebrated in Pudukotah in a fitting manner by his sons on the 19th of December 1939. Numerous friends and disciples attended the function and paid their respects. Letters of felicitations, and telegrams from various places were received. In the night there was a dinner which was well attended.

### Naturopathic Sanatorium

The citizens of Pudukotah at a Public meeting held last month, have decided to celebrate the 61st birth-day of Dr. Sarma by raising a memorial fund for the purpose of starting a naturopathic sanatorium to be run under the immediate guidance of Dr. Sarma. An influential committee was formed to give effect to the above object.

#### List of members of the committee :—

- 1 A. G. Krishnaswamy Aiyer, Retd, Superintendent of Police.
- 2 A. Mahalinga Aiyer, Vakil, Chief Court
- 3 P. S. Visvanatha Aiyer, Vakil, Chief Court, Secretary of the Committee

- 4 P. R. Ramachandra Rao Retd. Chief Magistrate, President of the committee
- 5 P. S. Vaidyanatha Aiyer, Retd. Dewan Peishkar
- 6 V. Shanmugam Chettiar, B.A., B.L., M.L.C
- 7 T. N. Govindarajulu Naidu, B.A., B.L., M.L.C.
- 8 K. Rajagopala Aiyangar, Chief Court Vakil
- 9 T. R. Rajagopala Aiyer, Chief Court Vakil
- 10 K. R. Venkatrama Aiyer, Head Master, Maharajah's College High School
- 11 K. Panchapagesa Aiyer, Lecturer, Maharajah's College
- 12 V. K. Rajagopala Aiyer, Asst. Maharajah's College High School
- 13 V. S. Ganapathy Sastrigal, Chief Court Vakil
- 14 K. Nagaraja Aiyer, Chief Court Vakil
- 15 K. Rangaswamy Aiyer, State Engineer
- 16 Ayyal Raju, Manager, M. C. M. Bank
- 17 P. S. Subramania Aiyer, Editor, Janamitran.

The Committee are making arrangements for collecting funds for the purpose of starting the sanatorium.

### Appreciations

Swami Shuddhananda Bharati of Aurobindo Asram, in the course of a

## THE INDIAN NATUROPATH

communication on the occasion of this celebration writes as follows :

" It is delightful to hear that you are celebrating the 61st birth-day of your noble father. He is one of the most distinguished scions of Mother India. Let him live long to see his fond hopes of an ideal sanatorium fulfilled! It is the duty of Pudukotah to honour its illustrious citizen and contribute sumptuously towards the consummation of the noble service for which Dr. K. L. Sarma sacrificed his whole life. Let the Bhagavan lead the Bhakta to peace and bliss in the self and in life !

Let Love and true sacrifice for Love prosper !

**Dr. Rama Pratapa, N.D.** of Jaipore City, in the course of a communication to Mr. P. S. Viswanatha Aiyer the Secretary of the Committee, says as follows :—

" We, in Jaipur, knew nothing of Nature-cure and it is due to our beloved leader that thousands of persons here, have been benefitted and many lives saved and made happy. May he live long to lead us aright in the path of health and happiness ! Please convey my hearty congratulations to him. We are indeed very much indebted to him for health and happiness and pray the Almighty to bestow on him long life and prosperity."

**Dr. Putcha Venkataramayya, N. D.** Editor of Prakriti and the Indian Naturopath, General Secretary of The Indian Naturopathic Association in the course of a communication to Mr. L. Krishnamoorthy Sarma says :—

" You will be kind enough to convey my reverence and Namaskarams to the foremost of Crusaders for the holy cause of Naturopathy. I congratulate him on the eve of his 61st birthday and pray God for his long holy life and prosperity."

**Dr. S. Ramchandra Rao, M.A., Phd. D., Sc., (Lond)** Dean of Faculty of

Science of the Annamalai University in the course of a communication says :—

" Please convey my respects to your revered father. May he be spared for a long time to come to carry on the good work he is doing for the country."

**Dr. Provash Chandra Chatterji, N. D.** President of the All Bengal Naturopathic Association, in the course of a communication to Dr. Sarma K. Lakshman says :—

" On the eve of your 61st Birth Day celebrations, please accept my humble greetings and wishes for your Health, Happiness and all round welfare.

May your proposed sanatorium prosper exuberantly for the good of the suffering humanity ; may you live a long and mirthful life to help the cause of Naturopathy which you love so much and regard as your very existence.

My love, regards and pranams to you"

**Mr. P. V. Subramania Aiyar, Sub Editor of Bharata Devi of Madras** in the course of a communication to Mr. L. K. Sarma says :—

" The triumph of Dr. Sarma's school of thought is, I think, the triumph of the robust oriental common sense over that of the oft imitated dogmas of the west. I have often wondered whether is it not high time for intellectualism to get the upper hand of dogmatism—And I am glad that after all the revolutionary nationalism has got a future while people like Dr. Sarma live and preach us—especially the younger generation—the right way to live our lives. I pray for his long life and prosperity."

**Mr. V. Venkatasubbayya M. L. A.** of Nellore in the course of a communication says :—

" Rejoicing on your Shastipurti I offer you my heartiest felicitations on this happy

## THE INDIAN NATUROPATH

15

occasion. Looking back into your past you may be well proud of your unstinted service to suffering humanity by means of your non-violent Nature-Cure. May God give you many more happy years to continue your good work even in a larger measure as you are now contemplating to do. Wish your sanatorium success."

Mr. M. Swaminatha Aiyer, Advocate, Dindigal, writes :—

"Among hundreds of others, I owe your honoured father a deep debt of gratitude for properly interpreting the teachings of our Master, Bhagwan Sri Ramana Maharshi.

Your father's interest lay in a field which possessed little attraction for the moderns and had he employed his great gifts in securing the prizes which the present day world had to offer, doubtless he would have achieved notable success and a prosperous obscurity. Fortunately he was saved from it, as he correctly understood the true philosophy of values."

Dr. I. Venkata Ramanayya, Secretary, Prakriti Karyalaya Trust, and Propaganda Secretary, Indian Naturopathic Association, Bezwada writes :—

## A Pious Poesy from a Poor Brother

O full-free glorious Saint ! Ye  
Walk now joyous and jubilant  
In this vast radiant cosmic  
park ;  
Diligent as the busy bee, blithe  
And buxom, gay and gladsome—  
As the soaring duteous  
lark.  
Admiring world esteem you still,  
And piously honour and worthily  
mark.  
Highest regards we must humbly  
Offer to the good guide golden  
Guru — holy Noah's redeeming  
ark :—  
Sree Raman Siva's boundless grace  
Benign has, with love, enkindled  
Your sprightly blooming  
spark.  
Steer, push on in vigour amain—ye  
Great and gallant, bouncing bonny  
bark !

"I am extremely happy to hear that your Shastiparti celebrations are being performed. Glorious life of long and useful years is being fittingly rewarded. Your sacrifice for the cause of Naturopathy and the suffering humanity will ever be green in our memories to guide us in your path of useful service. Namesthe."

The above are extracts from a few of the letters received on the occasion. Among the others mention may be made of a poem composed by Mr. K. L. Banerji of Santipur, Bengal for the occasion. Mrs. Lilavati of Jaipur, Mr. N. Ramanathan, Sub Editor, 'Leader', Dr. Hindkar, Dr. Baleshwar Prasad Sinha of Allahabad and many others have sent their felicitations and respects.

Dr. Sarma's claim to our respect rests not only on his contribution to the science of Natural Healing and preventive Medicine but also on his lasting contribution in the field of Religion and Philosophy. His published works in Tamil, Sanskrit and English have acquired more than a provincial reputation and some of them have been translated into many of the European languages and have won the admiration and reverent study of international savants like Jean Herbert and Dr. Paul Brunton.

May he live long to continue the good work he is doing for the country !

But never forget these helpless fallen  
Creatures, poor, wretched, grovelling  
stark !  
Feeble and faint, striving and  
Struggling, dull and dreary, deeply  
dark ;  
Draw, drag up and tow us on, ye  
Saviour Sarma Steamer ! and  
Smiling heal our ruinous crushing  
Canker care and  
cask.  
A sweet and seasoned blessed soul !  
Oh ! pray, turn to our heart-felt  
Piteous cry, do please promptly  
hear and hark.

K. L. BANERJEA,  
EX-TEACHER, SANTIPUR, Bengal.  
N. B.—Refrain of the song :  
Steer, push on in vigour amain—ye  
Great and gallant, bouncing bonny  
bark,

# Undesirable Mannerisms in Children

R. RATNA BAI

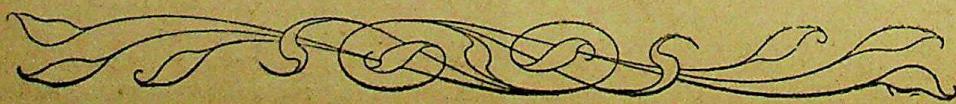
Mannerisms such as thumb sucking, nose picking, masturbation are among the most common mannerisms in children, and they are a source of worry to a great number of parents.

Ordinarily these habits appear, are most common and disappear at certain age levels. But often they involve some emotional complex in which case they may persist. Parents should therefore carefully study these mannerisms in their children to find out the cause so that by removing the cause the habit might disappear.

There are certain general situations in which these mannerisms are commonly exhibited. When the child is distressed, e. g. hungry, sleepy, when the stomach is aching etc- they usually suck their thumbs and exhibit other mannerisms which might be peculiar to the individual child.

Some children protrude their tongue, incline their head to one side or shake their foot when they are confronted with a difficult task or with some problem which proves too difficult for them. Again when there is emotional tension such as being observed by an adult or being too much criticised is also the cause of certain mannerisms such as bending the head etc. These mannerisms might also be exhibited when the child is unoccupied. But though the children appear to be unoccupied it will be found on examination that almost always there is some emotional tension. The child is thinking of some difficulty in a problem, is doubtful about some course of action or is depressed due to some undeserved scolding from the adult. The mannerisms are indulged in such situations for the mild pleasure they give. The child tries to forget this distress- in the pleasure that these acts give him.

To remove any undesirable habits in the child the first thing is to understand the reason for it and to remove the cause, for the mannerism is only a symptom of some form of distress. If the child is hungry or otherwise distressed the cause must be removed at once. If he is indecisive as to a course of action in a difficult problem the way to solve the problem might be suggested. The most important thing is that the actions of the child should not be too critically observed by adults, so that the child is constantly diffident about his own capacities and fears disapproval. When these mannerisms manifest, when the child appears to be unoccupied some interesting activity in which there is no scope for the mannerism, to persist might be suggested to the child. If a child has the habit of sucking his thumb or picking his nose or masturbation, some activity such as clay modelling, which will engage both the hands might be suggested. But parents are in hurry to correct them and therefore prohibit them in their children. The result is that there is additional distress—the fear of disapproval to the distress which is already present. The child may fear the adult's anger and to all appearances may have got over the habit. But in almost all cases it will be found that the child indulges in it secretly. In such a case the habit becomes more dangerous for there is the desire to continue the habit, but there is also a sense of shame attached to it. If the parent becomes excited when the child shows a tendency to masturbation and prohibits it, the child feels that there is something morally wrong with the habit and so feels ashamed of it. Thus an emotional complex is formed with regard to the habit which makes it hard for the child to get rid of it.



## PATHOLOGICAL NECESSITIES : COUGH

From the innocent cough accompanying the ordinary cold right to the pulmonary tuberculosis there are various kinds of coughs arising from equally numerous causes, according to the licensed system of treatment, e.g. allopathy.

Every kind of cough is very minutely attempted to be diagnosed and multifarious concoctions, potions and pills are prescribed for them by them. Really even the ordinary cough which follows a day's constipation is harassing and every patient urges the disappearance of his cough in a very short period.

### But what is cough ?

Cough is a spasmodic action of the diaphragm at one time on the intestines and at the other time on the lungs; so trying to apply extra energy on the two excretory organs, to enable them to function more energetically and well. The pressure applied on the intestines becomes so great, that after a strenuous coughing there will be a free evacuation of the bowels at times; and the lungs also play their part in throwing off considerable quantity of mucus from them. After every harassing night of coughing the patient feels, lighter in spirits and of course he feels extreme weakness also. If the medicine man does not interfere with his pill case or potion box and deaden the diaphragm with his morphine, arsenic, aconite and other poisonous drugs the disease also will naturally disappear of its own accord.

### But how does this come at all ?

Unlike fever, in almost all cases of cough, there is a false appetite. We cannot call it hunger; because after every meal the patient feels that his lost strength is regained. This feeling of necessity of food, is simply due to, bad assimilation. The more the patient eats the more the process of assimilation is spoiled and the more he feels the necessity of feeding.

In the beginning the patient indulges in eating of things (1) that are not conducive to health (2) that are not needed as to quantity and quality (3) that do not supply the blood and muscle, the necessary percentage of organic mineral matter (4) that diminish from the body the percentage of alkaline matter which is responsible for the catalytical and analytical process of assimilation and the katabolic and anabolic processes of the systematic metabolism.

Added to the bad eating habits, bad air, bad habits in living indoors all day and night; wearing of unclean and super-abundant clothing; wearing no clothing at all — of course that may be due to poverty, neglect or ignorance or indifference — all these contribute to the lowering of the bodily vitality to bring in one sort or other of the symptoms of the lung troubles—Pleurisy, phthisis, asthma, bronchitis — acute or chronic, laryngitis, pharyngitis, epiglottitis and other diseases, that produce cough.

I may mention in this instalment, to few physiological points, so that my readers may follow well, my contributions in this series.

If a moist thing such as green vegetables, fruits or fish, meat or beef is to be stocked, it is preserved in a very cold place such as a refrigerator; or if it is to be preserved in tropics, it is preserved in salt. Here we have got a number of pickles prepared by the preservation of mangoes, tamarinds, limes etc. in salt. But the salt does kill the life principle from the said article.

Our body is a store-house of moist flesh and liquid blood. To avoid disintegration the body needs an enormous supply of alkaline matter. The matter should not be the sodium chloride—as it can be used only for preserving dead things. Live alkaline elements are needed for integrating the life principle in the body. That is called the organic mineral alkaline mate-

## THE INDIAN NATUROPATH

rial, which is available in abundance in greens, vegetables, citrus fruits, tamarinds and berries.

If the body is supplied only acid forming food materials such as polished rice, commercialised white wheat flour, sago, white sugar, meat, beef and fish; and the greens, vegetables, fruits, tamarinds and berries are withheld from the food; the body suffers a great deal for want of the required organic mineral element and becomes a seat of innumerable diseases, infectious or otherwise.

Whenever the percentage of organic mineral matter is lowered than the minimum necessity, some disease or other presents itself. The excretory organs loose the necessary tone to function properly and the body becomes a receptacle for various kinds of filth,—solid, liquid, or gaseous.

When you get dry cough it is the gaseous filth that is deposited in the body; if the cough is catarrhal the filth is liquid and if there is solid mucus coming out, it is solid filth that is deposited in the body.

In almost all kinds of cough you find that the body is not functioning properly. The excretory organs are lethargic. If you just see that the excretory organs namely the lungs, kidneys, colon and the skin function properly there is no more cough. There is no need of cough and so cough disappears. As long as you neglect to take care to see the excretory organs function properly and lull the diaphragm by the harmful and deadly poisons you cannot have a permanent and radical cure of the cough. Whenever the body and the diaphragm in particular, wakes up from spell of the poisons, it again persists in the act of elimination by forcing the lungs and the abdominal organs to function properly. Then you find cough again.

So cough is not so much to be dreaded as the cause of it e.g. the impure filth in the body. Cough is necessary in that pathological condition. It is a benefactor, not an enemy.

If you remove the filth at the base of it the diaphragm functions properly and harmoniously. You do not feel that you have got a diaphragm at all in your body to give any discomfort or pain. As soon as the pathological condition is removed by employing simple commonsense methods of hygiene and biologic living and as soon as a harmonious physiological state is restored there is no more cough.

## How to cure cough ?

In every case of cough you find that the patient is suffering from constipation for a considerable time. To restore the colon to normal condition, you will have to resort to natural ways of toning the system. Under ordinary conditions flushing or irrigating the colon with tepid water every day in the morning, seems to be indispensable for a number of days or even for months until the colon receives its normal tone, to function properly. The quantity of water used for the irrigation should be 3 to 4. The quantity may be a little less in the beginning and may be somewhat increased as the novice accustoms himself with the process.

Hot water bottles placed on the lower abdomen, through wet cloth folded into 4—8 for 15 minutes in the morning and evening with a conclusive hip or sitz bath of the 'Kuhne type' do immense good in restoring the intestines to normal activity. The sitz bath or hip bath may be taken in accordance with the strength of the patient from 5 to 15 minutes. The above process is efficient in toning the kidneys also and hence much of the poison in the blood is squeezed out into the kidneys and eliminating in the shape of urine.

Naked baths in the mild evening sun for 15 min. to an hour daily works well as a diaphoretic. The sweat that is forced in this way relieves the system of wastes — solid, liquid and gaseous.

It is needless to say that the patient should breathe in only pure air laden fully with the maximum percentage of oxygen. Living in thickly populated cities and in slums is really contra-indicated in cases of

pulmonary tuberculosis and other diseases of the type.

Inhaling the pure cool morning or evening air with the mouth and exhaling through the nose for 20 or 30 times at a stretch will exhilarate the lungs considerably. After every such application you will find considerable quantities of phlegm coming out from the lungs with least trouble. The same procedure if adopted will give an immediate relief in ordinary cases. In stupid cases the procedure must be indulged in for a number of weeks or even months.

In almost all cases of T.B the allopath prescribes a perfect rest for his patient and whenever the patient attempts to move about he will find the temperature going up and the cough harassing.

But in a nature cure home the patient is advised to walk distances which he can comfortably cover. He will find in the long run, that whenever he sits quiet at home, the cough presents itself or the temperature goes up a bit.

But there is a fundamental difference between the allopath and the naturopath in the feeding of the T. B. patient. The allopath does not take into account the strength of the digestive organs of the patient and feeds the patient all sorts of strong foods from the butter to the chicken and even meat or beef. I do not know whether he takes care about the assimilable quantity of food or not.

The naturopath on the other hand feeds the patient with foods that give least trouble in assimilation in the beginning. As the digestive fires are kindled and the quality and quantity of food assimilable increase, she prescribes stronger food more in quantity. By that he restores his patient to normal food with an increased capacity to work more and more efficiently.

The cough and fever disappear as soon as a normal hunger sets in. In other words as soon as the bodily filth is removed from the system by natural methods of healing mentioned above, the hunger comes to normal condition.

There is a saying among the allopaths 'feed a fever, starve a cough.' But even the starving of cough, seems not to be in actual practice.

I believe, it will not be out of place, if I prescribe a few applications along the lines of 'Chromopathy'.

Deep blue colour is very beneficial in the curing of the dry distressing cough or the harassing cough, in which slight streaks of blood or phlegm comes out after a strenuous cough. Violet colour is very beneficial in the curing of asthma, and all other varieties of cough where phlegm comes out in quantities.

The patient may take in the shape of thermolume baths or color charged water or gas or light for their treatment.

For modes of application please refer to 'Human Culture & Cure' now in the press and which can be had of The Chromopathic Institute, A. G. Press build.ings, Bezwada.

As usual fruits of the citrus type, pomegranates, berries, tamarinds, prunes etc. besides vegetables and greens work most efficiently in the cure of cough. Care should be taken not to mix up fruits and vegetables in a meal. There should be an interval of at least 3 hours between a fruit meal and a vegetable or a green meal.

It will be highly beneficial to avoid starches or other carbo-hydrates from the meal as far as possible until a cough is sufficiently controlled or until the cough becomes the least distressing.

# Compulsory Vaccination: Bhavanagar State

## PROPOSED LAW

Memorandum Submitted by Dr. Sarma K. Lakshman, B. A., B. L., N. D.,  
President, The Indian Naturopathic Association  
To the Dewan of Bhavanagar State.

### Practice

1 The practice of vaccination dates from a prescientific age. The science of bacteriology, and the new science of Dietetic Hygiene did not exist at the time when the practice was begun; and even to this day doctors as a class are profoundly ignorant of these sciences.

### Views of Medical Men

2 The views even of medical men are changing. Dr. Walter Carr in his presidential address to the Medical Society of London spoke as follows: "Our views about vaccination are changing. They would probably change even more quickly, had it not become a part of the official creed established by law, and therefore as difficult to alter as the Athanasian creed itself"; it may be necessary to mention here that the 'Athanasian creed' is an outworn dogma of Christianity about Godhead.

3 A few years ago Col. Shortt, I.M.S., declared in the course of an address to the Rotary Club at Madras: "In the last event diseases such as cholera, plague, small-pox, malaria, *et hoc genus omne* will never be eradicated by vaccines or the like; they can only be conquered by the fullest application of general sanitation.

4 Innumerable doctors who originally believed in the unalloyed goodness of vaccination, but who by chance or otherwise came to study the question thoroughly have come to the conclusion that the attempt to create an artificial immunity by vaccines and serums is a wrong procedure.

5 Sir William Arbuthnot Lane, Dr. Beddoe Bailey, Major Austin, Dr.

Creighton, M. D., M. A., author of the article on vaccination in the Encyclopaedia Britannica (9th edition), Dr. E. M. Brookshank, M. D. (Lond). M. R. C. S. (Emeritus Professor of Pathology and Bacteriology in King's College, London). Dr. W. R. Hadwen, M.D., (Gold medalist in medicine and surgery) and Dr. William Howard Hay are among those that have given their testimony against vaccination. Extracts from their speeches or writings can be furnished if demanded.

6 If it be objected that there are still large numbers of doctors who believe in vaccination as both harmless and effective, the answer is that in all the professions the proportion of persons endowed with natural intelligence and ability to think for themselves must necessarily be few, and that the majority are simply blindly adhering to what they had been taught.

7 Non-medical bacteriologists like Dr. Hugh Nocol are inclined to question the validity of medical theories such as the germ theory—which have relation to the question of immunity.

### Statistics

8 The effectiveness of vaccination cannot be proved by showing selected figures from statistics; the general tendency of small-pox in relation to sanitation as well as vaccination over whole countries for long periods should be considered. Such a consideration of statistical evidence shows that the medical claim is altogether false. A few salient facts are stated hereinafter.

9 In the Army and Navy of Britain and other countries, such as the U. S. A., there is a very stringent enforcement of

frequent vaccination, and yet—in spite of the general robustness of the men, any chance infection sets up an epidemic which causes a mortality at a much higher rate than in much less vaccinated civilian population. In consequence the authorities are careful to avoid stationing troops in or near infected localities; and this is the case even where the infected population is heavily vaccinated; recently when a small-pox epidemic was going on in Hong Kong, which was heavily vaccinated, the British troops were not allowed to land there.

10 Vaccination is practically optional in Britain and certain other countries, while severe laws of compulsory vaccination and revaccination exist in countries like Italy, Spain, Japan, Mexico, and the Philippine. It would be fair to compare the fortunes of the two sets of countries.

11 Such a comparison leads to the conclusion that vaccination, far from being a protection, actually makes the population more liable to fatal small-pox. Details are available and shall be furnished if required; for the sake of brevity these are not given here now.

12 On the other hand where there is little or no vaccination, small-pox has practically disappeared; there are extremely few deaths, showing that fatal small-pox has ceased, due to improved sanitation. Though official statistics mention small-pox, the truth is that the disease is not small-pox at all but what is called alastrim, a very mild illness which is never fatal. This evolution of a mild and non-fatal disease out of small-pox is a natural phenomenon, exemplifying a law of epidemiology, namely that left to nature every epidemic disease tends to become extinct or less virulent; where nature is countered by artificial methods invented by man, this beneficent evolution does not take place; and that is the reason why small-pox still prevails in the populations subjected to compulsory vaccination laws.

#### Compulsion is immoral

13 Apart from the question of pre-

venting small-pox, compulsion is immoral, because no state can guarantee that vaccination shall be safe; in other words no government has been bold enough to undertake to indemnify parents who lose their children by vaccination; of course only a money compensation is possible in such cases; but if any state admits such liability, it will be a great gain, since the fear of having to pay such penalties will operate steadily in favour of personal liberties, and will finally lead to the abandonment of the whole policy of interference with private liberties in this particular manner.

#### Conscience clause

14. It was because it was proved to the hilt by a volume of reliable testimony that could not be set aside, that the law in Britain was modified by the enactment of a conscience clause. The history of this amendment is a very instructive one; but I forbear from narrating it here for want of space and reserve it for a future opportunity. It is enough to say that experience of the actual effects of vaccination caused a widespread public agitation against vaccination which led to an enquiry by a Royal Commission which sat for about eight years and found that in fact vaccination tends to produce diseases of its own, and sometimes proves fatal, and that their report was one of the causes of the amendment. It is pertinent here to remark that a liberty which is being enjoyed by Britons cannot be denied to Indians, except by men who are so bigoted for vaccination, that they will not listen to reason.

15 That vaccination is bad for health was recognised by eminent scientists and philosophers even in the infancy of this practice. For instance Herbert Spencer than whom there never was, nor ever will be, a more scientifically minded thinker and Immanuel Kant, the well known German metaphysician, both condemned vaccination as inimical to health.

16 "If once you interfere with the order of Nature, there is no knowing where the effects will end," said Herbert Spencer

in explaining his views on vaccination. Vaccination is an interference with the order of Nature, and that is the reason why it does harm, though in many cases the harm done is latent and brings about untoward consequences after so much time, that the causal connection is not evident.

### Sowing the Seed

17. Vaccination can fairly be described as sowing the seeds of disease; the crop is naturally of the same kind as the seed; he that asserts that it is otherwise, even after he is told the truth, can be rightly characterised only in words that will be called unparliamentary.

### Wages of Sin is death

18. The preparation of vaccines is a grossly sinful un-Hindu act. The Wages of Sin is Death. Vaccine, the product of a grievous sin against the progeny of the cow which we Hindus regard as sacred, is naturally the seed of fatal diseases, or of serious defects of health which develop into incurable diseases, like tuberculosis, diabetes, asthma, and Cancer.

### Preparation of Vaccine

19. The actual preparation of vaccine is as follows:—"After the calf has been fixed to the operating table, about 150 incisions, which are about 2 or 3 inches in length, are made with a dry lancet all over the shaven area of the skin and also on the scrotum. 'Vesiculo pulp' the pus in an eruption obtained in the postmortem room from discreet cases of small-pox that had died during a comparatively early stage of the eruption, mixed with glycerine, is then well rubbed into each separate incision. On the sixth day the lymph is collected by applying compression forceps to each vesicle separately and the crust is first carefully removed with the edge of a lacet. These crusts ('scabs') are collected in a watch glass and are employed for the vaccination of children." The lymph is subjected to further treatment, the details of which are not necessary here, and filled into tubes.

### Disease of the Brain

20. Recently a new effect of Vaccination was observed, namely a fatal disease of the brain called encephalitis lethargica. In Britain there has been in operation a conscience clause and hence there was practically no difficulty.

21. In Holland the medical profession honestly confessed that vaccination was to be blamed and recommended that compulsion should be suspended. This was done about fifteen years ago and compulsion has not been revived. The example of Holland has been followed in Denmark.

### In India

22. Similar cases are occurring in India also. In a recent tour I came across numerous instances. I myself witnessed a case in the family of a neighbour; a vaccinated child fell ill of this sleeping sickness and died in a month.

### Challenge

23. A challenge was issued to the late Congress Ministry of Madras,—just when they were preparing the Public Health Bill which was passed into law recently—asking them to prove their good faith by accepting responsibility at least for the deaths following vaccination; this challenge was not accepted; the ministers thus tacitly admitted that vaccination can cause such disasters and that their medical staff can not undertake to predict beforehand whether in any instance there would or would not be a fatal result.

24. In a medical journal, namely the Indian Medical journal, there was recently an admission that vaccination can prove fatal.

25. The cause of such disasters is the entrance of the filth called vaccine-into the brain; the poison has an affinity to the nervous system and affects the brain.

26. It stands to reason that where it does not kill it weakens the constitution and

lays the foundation for future diseases that may be incurable.

27 Among the evil effect traceable to vaccination is the atrophy of glands, especially the breasts of women, causing the necessity of bottle feeding for infants.

### Conclusion.

28 In conclusion I may mention the historical instance of the city of Leicestor in England where public vaccination was discontinued and all expenditure and attention concentrated on sanitation. The ex-

periment has lasted for nearly sixty years and has been acknowledged by its medical officer for health, Dr. Killick Millard, to be an unqualified sucess. This is not denied by any one: but provaccinationists are naturally silent about it because they had predicted disastrous consequences which have not materialised. There are a few other cities in the world where the same policy has been successfully followed, notably the city of Nigara in the U. S. A.

More details and proofs can be supplied if necessary.

## Universal Uncooked Food : A Review

*The Kashmir Chronicle*, Srinagar reviews thus:—

"Universal Uncooked Food" by B. S. Gopala Row, N. D. D. T. Nature Cure Advocate, Rajahmundry. Pages 222. Price Rs 4 Full calico & Rs 3-8-0 Card Board binding.

Approved by the Text Book Committee Vide Fort St. George Gazette D. 10-10-39 Part 1. B. pages 648-65.

Some years ago, Sardar Budh Singh, (a Kashmir nationalist leader) Ex-Sub Divisional Magistrate created a sensation by giving up all cooked food and trying experiments in fresh uncooked food. What became of his experiments is not known. But here is a book based on the practice of the author who advocates that fomentation of foreign matter in the human body is the source of all our bodily troubles and recommends a suitable combination of fresh uncooked food.

Louis Kuhne's baths cured the author of some hereditary diseases. He tried experiments on others and their success

encouraged him to evolve theory of uncooked food which he has been putting into practice at his nature cure clinic for the last 18 years. Many eminent people whose opinions are incorporated within the book in an appendix have visited this clinic and testify to the curative power of these methods in such diseases as pneumonia, influenza, cholera, leucoderma, consumption, cancer, etc.

This book is written in an easy style and makes interesting reading. Mr. Row thinks that milk as a food for human beings is unnatural because it is full of animal excreta. He deprecates the use of canned milk and tinned food.

Mr. Row discusses the unsuitability of the existing sytsems of medicine which only suppresses diseases. Many people including Gandhiji are convinced tributaries of nature cure methods like hydrotherapy chromotherapy, etc., and those who are out to give up moving in old grooves and want to study simple natural methods of preventing diseases will find the book valuable.



## I. N. A. GAZETTE

We have received with thanks the subscriptions from the following gentlemen for the year 1940.

## MEMBERS.

## SUBSCRIBERS

S 247 Mr. Kankipati Subba Rao, Tenali  
 S 405 Mr. B. Venkata Dasappa, Bangalore  
 S 406 Kesav Deo Bubno Library, Hazipur  
 S 99 Mr. K. V. Bhagavat, Bombay  
 S 81 Mr. Mathur Doss Damodar Bombay  
 S 191 Mr. Sanokh Singh Sodli, Calcutta  
 S 152 Mr. S. H. Jafrey, Bakshitar  
 S 407 Mr. M. R. Mannar Aiyah Madras  
 S 134 Mr. W. Maiden, Bangalore  
Cantonment  
 S 308 Mr. G. P. Pathack Haliyal  
 S 12 Mr. M. Mukteswara Row  
Masulipatam  
 S 15 Ram Pratap, Jaipore City  
 S 382 Khan Bahadur K. Ahmed,  
Kalimpong  
 S 401 Mr. Bansidhar, Barmar

## NATUROPATHIC CURE HOME, DODDIPATLA

We learn from the organiser Mr. Ch. Ramajogayya that the proposed opening of the nature-cure Home at Doddipatla on 19.1.40 is postponed to 26.2.40 after consulting the astrologers. We wish every well-wisher and sympathiser of the nature-cure movement in India will co-operate with the organisers, present themselves and bless the Home.

S 21	Mr. Panch Couri Mitra Jhikra
S 40	Mr. G. Suryanarayananamurthi,
	Gudivada
S 400	Mr. Nanak Prasad Srivatsva Gonda
S 7	Mahila Vidyalaya Intermediate
	College, Lucknow
S 208	Pundit Devraj Vaidya Vachaspath.
	P. O. Songad
S 360	Mr. Jai Narain, Betal
S 381	Mr. G. Mangapathi Row, Vikarabad
S 411	Mr. Ch. Ramajogayya, Doddipatla
S 376	Mr. C. Viswanadham, Nellore
S 214	Dr. Madhusudana Sastry,
	Andul-Mowri
S 410	Mr. Prabhudoss Tribhuvandoss,
	Virwal
S 121	Mr. G. V. Subba Row,
	Masulipatam
S 159	Mr. Moolchand B. Gandhi
	Chuhar Jamali
S 412	Mr. Gati Jagannadham, Tenali
S 493	Mr. J. Gupta, Dalmianagar
S 133	Mr. L. Rameswara Dial, Kasur
S 289	Mr. M. Koteswara Row, Bezwada
S 413	Mr. M. S. Varadarajan,
	Hyderabad (Dn.)
S 404	Mr. C. K. Row, Jamshedpur
S 414	Mr. Inder Sain, Tira
S 119	Mr. Gopabandhu Misra, Pipli
S 199	Mr. Ganesh Pande, Babura
S 389	Mr. L. Bhag Rai, Ferozepur City
S 372	Mr. T. S. V. Pillai, Madras
S 413	Mr. M. S. Varadarajan,
	Hyderabad (Dn.)
S 415	Mr. D. Raghavendra Row, Suryapet
S 113	Mr. P. V. Ranga Row, Nalgonda
S 114	Mr. W. R. Meccam Paungde
S 391	Mr. Kandarpa Nath Deka Chenga
S 185	Mr. Hari Ganesh Ambedkar, Asthi
S 103	Mr. G. Narayanaswami, Kuppam

We wish the Home to be successful not only in treating patients but in becoming a seat of learning in the various branches of nature cure in a short period. We wish the organisers God speed in their well planned Naturopathic Home.

I. VENKATA RAMANAYYA,  
Propaganda Secretary, I. N. A.

# The Indian Naturopathic Association

## INDIA'S PREMIER NATIONAL ORGANISATION FOR HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [S. India].

In particular,

- [a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.
- [b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.
- [c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.
- [d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.
- [e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.
- [f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

Save Rs. 10. ~~Order Book~~ Book Your Order Now!

# Human Culture & Cure

By DR. E. D. BABBITT

Will be Published on March 1st.

Pre-publication price expires on that day

## SO SAVE

Rs. 10

by ordering before the end of this month

Contents : Part I	Philosophy of Chromopathy and apparatus.
Part II	Sexualogy and Sociology.
Part III	Psychology and Mental Healing.
Part IV	Nervous system and Insanity.
Part V	Diseases of organs and Cure.

576 Pages

150 Illustrations

is printed on heavy antique paper and bound in cloth.

Pre-publication price (To be paid in advance) before (29.2.40) .... Rs. 10  
or £ 1; or \$ 6. Excluding postage

Post-publication price ..... Excluding postage. Rs. 20

Publishers :

**The Chromopathic Institute,**

Andhra Grandhalaya Press Buildings, BEZWADA.

Note :—All those who have sent the pre-publication price of Rs. 10 are hereby informed that the book will be published on the above noted date.

Manager.

8-3-80

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL &amp; SPIRITUAL

Editor: Dr. P. VENKATRAMAYYA, N. D., D. M.

CONTENTS.

	Page
Nature cure is necessary to the World	25
Naturopathic Conference at Attur	28
Twelve Reasons: Why vaccination should be abandoned and the Vaccination Acts repealed	28
Physical culture has preserved my youth	31
A case of Masturbation	33
Naturopathy and Yoga	34



# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers** and Members of I. N. A. should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publication, unless and otherwise informed.

Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$ 2: Magazine free to the members.

INNESS OF SEX & MARRIED LIFE REVEALED

## Marriage and Sexual Upbuilding

By Dr. E. D. BABBITT, M. D.,  
OF AMERICA.

Are you going to Marry? Are you in search of a happy & harmonious partner?  
Do you feel worried about your marriage relations?

IF SO

Solve these problems and become a master of yourself and your environment by  
STUDY of the above BOOK.

Price Rs. 2 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings :: BEZWADA.

Those who buy "HUMAN CULTURE & CURE" need not buy this book,  
as this is included in that.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — March, 1940

No. 3

## Nature Cure is necessary to the World\*

Nature-Cure is unique in certain respects; it has certain good features not possessed by any other system.

In the first place, no man can be free of dependence on another in any system other than Nature-Cure. Nature-Cure alone has that virtue.

Freedom is the most precious wealth. Dependence on another is painful: dependence on oneself is happiness, so said Bhagawan Manu the oldest of the Rishis. Freedom in political and other external matters is not real freedom; if our bodies are not our own, then, I venture to say that all talk of freedom is a thorough-going fraud. Speaking in a general way, physicians hanker for the curtailment of this freedom; they do not like to recognise and respect it.

It need not be doubted whether it is at all possible to enjoy freedom of the body by Nature-Cure. There are living persons who have enjoyed this kind of freedom, with their families, for twenty five or thirty years already; and I humbly beg leave to tell you that I am one of them.

It is easy to explain how such freedom is possible. For one to study all the

books relating to any one of the non-natural systems, to test their teachings in actual life, and thus to make them his own, a single lifetime is not enough. But the science of Nature-Cure is very compendious; it is very easy to learn, being free from technicalities; even boys and girls can learn and practise it.

There is a reason for Nature-Cure being so much simpler than all other systems. In the non-natural systems it is necessary to name a disease and to treat it in a special way; no such procedure is followed in Nature-Cure. In their real nature all diseases are one and the same; and their treatment also is substantially the same. This is the cause of Nature-Cure being easy to learn and follow. This is a truth verified by experience, and men without such experience have no right to question it.

If sceptics laugh at this, let them freely do so; we have realised immense blessings, which they can never attain.

In the third place, poisons that are deadly to life, such as mercury, arsenic and the like are not permitted in our system. Our medicines are only such as can be freely used as food,—fresh herbs, vegetables, and fruits. We are constantly

\* Dr. Sarma K. Lakshman's Presidential Address at the Madras Naturopathic Conference held at Attur on 3-2-40.

witnessing the tragedy of patients being prematurely killed off by doctors who employ poisonous remedies. In Nature-Cure premature deaths do not occur at all.

Fourthly, those that renounce the unnatural ways and take refuge in Nature, not only gain in health from day to day, but their progeny are found to be constitutionally better than themselves; this has been verified. The reason is that the methods used are aimed at eradicating the seeds of disease and renovating the body. Even those that do not or cannot follow the methods in full, need not hesitate to take to this system, because they are sure to be benefited in proportion as they do practise the methods. But there is one very important rule: **Whoever takes to Nature-Cure must no more follow unnatural methods, whatever may be the condition; he must not take the drugs of unnatural systems; nor must he approach the givers of such drugs.** The observance of this one rule alone will bring great blessings.

All these statements are supported by many proofs. In particular there is the fact that men who had been taught in the unnatural schools of medicine have later on discovered that these systems are disappointing, and have taken to Nature-Cure once for all, renouncing the other system utterly; these are the most reliable witnesses. Among such are worthy of mention the following: our Bhikshu Swamiji, the late Dr. Lakshmi Narayan Choudary - who recently passed away without any illness, after an exceptionally long life, and Major Austin of the I. M. S., who also lived to a great old age and passed away very recently.

Whether through envy or ignorance, a reproach is often cast on Nature-Cure, namely that Nature-Cure is not scientific! Those who say so are mostly professionals who make a living by treating the sick. It will not be quite incorrect if we say that these are inveterate sinners who cannot bear to see people living in freedom from themselves, for it is not in human nature to tolerate what would take away one's

livelihood. Besides these men have not even a smattering of scientific knowledge.

Whatever science has discovered in the field of medicine are just the truths that have been upheld in Nature. Cure all along. The supreme value of vegetables, the skin of vegetables, raw green herbs, etc., is not yet realised by these doctors. But Nature-Curists have always esteemed them.

Besides it is declared by the famous Prof. Einstein that "there are no eternal theories in science."

The germ theory that is still upheld by these doctors is now proved to be opposed to science.

There has been established in Britain a medical association for purifying away these and other grievous defects of medical science, called the Health Education and Research Council, and it has a membership of about sixty fully qualified doctors. These mostly agree that Nature-Cure would be the best of all, if only the people had the right kind of mentality.

Is not science a method of discovering truth? There is a science unknown to the allopathic doctors, namely Iridology, which teaches how to read the records in the eye. The findings of this science are all wholly condemnatory of the non-natural systems; they prove the superiority of Nature-Cure. As it is not possible for me to deal with this point in detail, I leave it at that.

At least from the consideration "Let us get on somehow, but our progeny should be happy," the people are bound to give all possible support to Nature-Cure. There is no way to safe-guard the welfare of posterity, except the Natural Way.

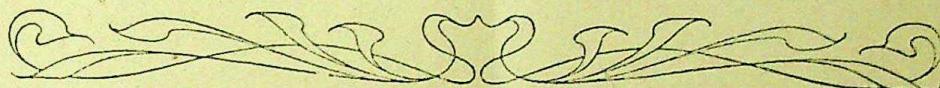
It is needful to mention one thing. The public health has many enemies parading as its friends. Among those the doctors are foremost. These are destroying humanity by means of the methods of gutter-medicine, such as vaccination. Not alone that; they confiscate our natural liberty and treat us worse than cattle. The cause is the trust we place in them.

Here politics come in. It has become the rule to make and enforce compulsion-laws on medical matters. This is unjust. We must remove this injustice. We must no more allow medical men to rule us; we must place them where they belye, in the place of our servants.

A great injustice is this. Most recklessly, children are vaccinated brutally and by force of law, and if the child should suffer injury or even die, it is claimed that the government is not responsible. I beg you will think for yourselves, what will be the effect, if there be laws making the government liable to a penalty by way of damages and if there be established Impartial courts to impose the penalties!

Countless letters have been received by persons like myself, from patients who had only become worse by ministrations of the violent system called allopathy, of the mild one called homopathy and of the Ayurveda and Siddha systems. A great many of these have been benefited; but those who had been too far injured by wrong treatments could not be benefited to the same extent.

I therefore venture to say this. Nature-Cure is necessary to the world; all are bound to keep it on; all should help in order to restrain its enemies from doing wrong. This I say in all humility, but with the right to say it.



## Naturopathic Conference at Attur (Tamil Nad)

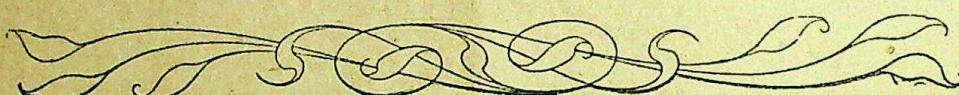
At Attur in the pandal erected for the Tamil Nad Political Conference, on the night of the 3rd February 1940 a conference was organised by the Madras Naturopathic Association. Mr. C. N. Muthuranga Mudaliar, M. L. A. (central) opened the conference with a speech in Tamil in the course of which he expressed his emphatic disapproval of compulsory vaccination. Dr. Sarma K. Lakshman of Pudukottah, President of the Indian Naturopathic Association, presided and addressed the conference in Tamil; he stressed the fact that Nature-Cure is the only method which solves all the problems of public health, because it enables every one to be his own doctor, and ensures that every succeeding generation shall be healthier — not sicklier — than the last. He then touched upon the political questions in which the followers of Nature-

Cure are now interested, because of the immoral ascendancy of western allopathy; the denial of the elementary rights of citizenship by the coercive laws relating to purely medical matters, he said, amounts to reducing the human being to the level of mere cattle. Sri Bhikshu Swamiji of Madras, Sri Venkatasubbiah, M. L. A., and Dr. M. K. Pandurangam also spoke at length. Sri Venkatasubbiah spoke very forcibly on Vaccination and Inoculation laws; the audience fully endorsed his conclusions. Three resolutions were put before the conference and were passed unanimously. The first related to compulsory vaccination and inoculation and demanded the repeal of the laws. The second demanded the suppression of the manufacture of polished rice. The third urged the government to recognise Nature-Cure and treat it on an equal footing with the other systems.

## Anti-Vaccination Conference

At Attur (near Chingleput) on the 4th February an Anti Vaccination Conference was organised by Sri Venkatasubbiah, M. L. A., of Nellore. Dr. P. Solomon of Madras presided. He explained that vaccination was not for the good of the people, but was an imperial device for perpetuating foreign domination and proved by facts that vaccination and inoculations are wholly evil. Sri Venkatasubbiah then spoke in Telugu, his speech was interpreted in Tamil by Dr. Sarma K. Lakshman of Pudukottah. The speaker gave

clear proofs that these medical methods are dangerous to life and health and do not afford any protection from the diseases which they are claimed to prevent. A resolution was proposed and carried unanimously, to the effect that compulsory vaccination and inoculations ought to be stopped, or at least that there should be a conscience clause, just as there is in Britain, enabling every objector to free himself and his dependents from the law, by merely making a declaration.



## TWELVE REASONS

Why Vaccination should be abandoned and the  
Vaccination Acts repealed

### It is a crime against nature

(1) Vaccination involves the introduction of *animal diseases* (supposed to be cowpox) into the healthy human body. The motive may be excellent but the practice violates the integrity of Nature. It is doing wrong in the hope that good may result. It makes good health a crime. Even if the practice were as successful and harmless as it is unsuccessful and dangerous, no end can morally justify such a means. "To forbid perfect health is a tyrannical wickedness, just as much as to forbid chastity or sobriety. No law-giver can have the right." (Prof. F. W. Newman). "A physician of the body has no more right to enter into a compromise with disease than I have, as a physician of the soul, to enter into a compromise with sin." (Rev. Hugh Price Hughes)

### It is Politically Iniquitous.

(2) That which is morally wrong

cannot be politically right. "No laws are binding on the human subject which assault the body or violate the conscience." (Blackstone). "When the law comes into conflict with the conscience of man, it is the law that should be altered, and not conscience that should be forced." (John Morley). Vaccination was made compulsory and endowed by law at the instigation of the medical profession. The people were never consulted. The law is a flagrant violation of the principle of government by consent. To-day more than half the parents of England are withholding their children from vaccination—a virtual referendum which of itself would justify the repeal of the law.

### It Lacks Scientific and Practical Proof.

(3) Compulsion in such a matter could only be defended if at all under the stress of overwhelming proof of its necessity and conclusive evidence of its value

and freedom from danger. No such proof or evidence has ever been forthcoming. The claims on which the Acts were passed have long since been proved to be false. There is no scientific ground for believing that cowpox bears any relationship whatever to smallpox, or that it affords the slightest protection against that disease. The history of vaccination is a long record of shuffles from one untenable position to another. Experience shows that the vaccinated enjoy no greater protection against smallpox than the unvaccinated, *other things being equal.*

#### Its Claims are self-contradictory.

(4) The modern claim of the pro-vaccinists that only recent vaccination is of value reduces the whole case for vaccination to an absurdity, because it involves the admission that ever since vaccination was introduced only a mere handful of the population can have been at any time "protected", and as a consequence it cannot have been vaccination which caused the diminution of smallpox attributed to it by pro-vaccinists. Moreover, if vaccination does not "protect" against itself (it can be frequently repeated within periods as short as a few weeks) how can it be expected to "protect" against smallpox? One school of pro-vaccinist experts asserts that "Cowpox" protects against smallpox because it is a disease similar to smallpox, while another asserts that it protects because it is a different disease altogether!

#### It is highly dangerous

(5) The experience of Great Britain, where a "conscience clause" has been in force for 30 years (i. e. since 1907) proves, beyond question, that leaving children unvaccinated is no danger to the community. The country has never been as free from fatal smallpox as during that period. For some years past, vaccination has been a greater cause of death amongst children than small pox. Quite recently startling revelations have been made in this country and abroad of a new danger in the form of post-vaccinal encephalitis which has led in Holland to the suspension of the com-

pulsory vaccination law. In this country the medical officials of the Government merely modified the method of vaccination (incidentally reducing it to a mere shadow of their own previous standard of efficient vaccination) but, notwithstanding this unprincipled attempt to save vaccination from reproach, deaths from this new complication continue to be reported.

#### Its history is a history of evil

(6) A hundred and forty years' experience shows that vaccination is thrice cursed — it is useless as a preventive of smallpox, it obstructs and delays the introduction of really rational remedies and is itself a serious cause of disease and death; and yet, upto the time of the passing of the conscience clause, many thousands of God-fearing and law-abiding parents in this country were imprisoned or fined for resisting the enforcement of the law. "For the last twelve years...I have not ceased to strive...to make men understand that vaccination has no protective efficacy; that vaccination has no scientific basis; that vaccination is founded on a phenomenal sequence of blunders; that vaccination entails serious injury direct and indirect; in fine that vaccination is one of the greatest and most fatal blunders into which the medical profession has ever fallen." (Carlo Ruata, M. D., Professor of Materia Medica, University of Perugia, 1898).

#### Eminent Doctors Denounce it.

(7) Though the great majority of doctors find it convenient and profitable to acquiesce in the orthodox professional view that there is "nothing like vaccination," a small minority have suffered ignominy and loss because they have dared to make a stand for the authority of truth as against the truth of authority, and, after the most searching investigation, have condemned the practice in unqualified terms. Dr. Charles Creighton (who died on the 18th July, 1927, and was referred to in an obituary notice in the pages of the "Lancet" as England's "most learned medical scholar of the 19th century") gave convincing evidence against the practice

before the Royal Commission on vaccination (1889-1896), as also did Dr. E. M. Crookshank (Professor of Comparative Pathology in King's College, London). Both these doctors also embodied their views in books which have never been answered by the pro-vaccinists. "Where doctors differ it seems difficult to resist the claims of parents to be allowed to choose for themselves which opinion they will follow." (Royal Commission on Vaccination, "Dissent of Sir W. J. Collins, M. D., and Mr. J. A. Picton," par. 283).

### Its Strength is the Strength of Quackery

(8) Incredible though it may seem it will be found by any one who cares to investigate the pros and cons of the subject that the strength of vaccination is the strength of quackery. Jenner never defined vaccination in any scientific way and it has never been so defined by any of his followers. No rational explanation has ever been produced showing the nature of "pure calf lymph" (a false description in every one of its terms) or how its alleged protection is set up, or how long its supposed effectiveness can be relied upon. When vaccinated people take smallpox they are then told that their vaccination could not have been "properly done," or that the "lymph" was not active, or that the marks were too few or too faint, or that the operation was too old or too new, etc., etc., but no rational definition of these terms has ever been produced. It is a case of "Heads I win, tails you lose."

### Abuse Versus Argument.

(9) Pro-vaccinists have well-nigh exhausted the vocabulary of invective in their selection of epithets to hurl at those who have defended the right of a parent to preserve his child from medical assault and his conscience from violation, and this notwithstanding that laymen and women of the highest mental endowment (such as Herbert Spencer, Alfred Russel Wallace, Florence Nightingale, Tolstoi, George Bernard Shaw, Gandhi, and many others) have been compelled, after investigation

of the facts, to conclude that vaccination is a delusion and a snare, and that its penal enforcement is a crime. Alfred Russel Wallace said "the abolition of all laws enforcing or encouraging vaccination is of more immediate and vital importance than any party dogma or any political programme."

### Good Medicine needs no Policeman.

(10) If vaccination were a good thing, it would not need to be enforced or endowed by law. It would recommend itself by its merits. "Good wine needs no bush," and good medicine needs no policeman to compel its acceptance. Moreover, if the operation really "protects" those who accept it, why need they fear the presence of the unvaccinated? If, on the other hand, it affords no protection, other than that of the faith of the vaccinated, and is inherently dangerous (as the anti-vaccinists contend) then compulsion is clearly an infamy, and the public provision of the operation (largely done now out of the pockets of anti-vaccinists) is an outrage.

### A healthy life the only true security

(11) World-wide experience shows that smallpox epidemics and other fevers flourish only when and where insanitary and impoverished conditions prevail. Isolated cases to the contrary do not invalidate the general rule. The only rational way to eradicate smallpox and zymotic diseases generally is not to poison the blood with vaccine or other viruses, but to foster those things which build up the vigour of the constitution and promote the general health both of the individual and the community. "When medical science has said its last word, the best hope for the cure of disease lies simply in strengthening, by rational modes of living, the resisting power of the human organism. That resisting power, varying no doubt in different constitutions, but always present as the condition of existence, is the puzzle of medicine, but at the same time its chief reliance."

(Continued on page 36)

# Physical Culture

## Has Preserved My Youth

By Alexander Campbell Easley

What has physical culture done for me? Let me say in the beginning it has done a plenty. Virtually pulled me out of the grave and, I firmly believe, doubled my span of life. I am in my seventy-fifth year and don't feel as old as I did at forty.

During my youth, I led an active life on farm and ranch, then in college I played football, baseball and tennis. Graduated and taught seventeen years in my Alma Mater, Texas Christian University, Forth Worth, Texas, during all of which time I was active in athletics, coaching football at intervals and coaching and playing tennis all the time.

When I quit teaching and went to work in a bank—I naturally let down in my physical activities and soon got overweight and constipated with all the ills that go with it. I was paying teller in the bank and nearly every afternoon in the rush of business just before closing time... when a bank teller, of all persons, should have a clear head...a blinding headache would strike me.

I had been taking medicine for several years from one of the best doctors in ... town, had two wisdom teeth pulled that he thought might be causing my headaches. After a more severe attack than usual, one day, I went straight to the doctor after closing and said to him: "Now look here, Doc, this thing is getting to be monotonous. I've got to get relief from these headaches, or I am liable to make some serious blunder that may cause the bank to lose money and me to lose my job." He said: When a man gets your age he is always more or less constipated."

He went back into the inner office and I overheard his partner say: "Hadn't you

better try this?" He said: "Why, this I've been giving him is the strongest purgative we have."

It flashed over me then that they just did not know what was the matter with me; but I said nothing. The capsules he had been giving me were sorta blue looking babies; but when I had this prescription filled I found he had changed their complexion somewhat—these showed up brown looking bullies.

I started down the street from the drug store and dumped the box of capsules into the first trash box I came to and went to an osteopath. That was thirty-three years ago and I have not taken medicine since.

The osteopath discovered a vertebra, about the middle of my back, slipped slightly and pressing on a nerve which was partly the cause of my headaches. She also found my right shoulder slightly out of place and the cartilage grown into the joint. Two years before, a horse that I was riding at full speed had turned a complete somersault. As I went off over his head I caught the main force of the fall on my right elbow. When I got up I could not raise my right hand above my head.

I went immediately to my doctor and he said it was "just strained," and gave me some liniment to rub on it. When it got no better I had two other doctors examine it. Both said it was not out of place and the liniment was the best that could be done for it... "would get all right in the course of time." So I kept on rubbing it with the liniment, had been doing it for two years when I went to the osteopath and still was not able to lift my right hand above my head.

## THE INDIAN NATUROPATH

She fixed it. Took considerable time of course. She'd pull it up a little higher every day. Have pitched baseball with it since. She also adjusted my vertebra and cured my constipation entirely.

I have had both shoulders injured—in addition to the time mentioned above—three hard falls on my back and a rupture. All of which have been cured by physical culture methods without medicine and without surgery.

If I had not been in perfect physical condition, thanks to physical culture, any one of these falls might have been fatal. Was past seventy when the last happened. My old football training of course caused me to double up and that the doubt helped save me.

Since leaving the bank twenty-six years ago I have been engaged in horticultural work—top—working native pecan trees, budding and grafting to the fine taper-shell varieties. This requires a good deal of climbing around in trees, twisting and bending and using tools in all sorts of positions. This work also accounts for the falls and injured shoulders.

My two sons, aged forty-seven and forty-one respectively, insist that I am too old for this kind of work and should give it up and take life easier. I tell them that when they get to where they can beat me playing golf and tennis, I may listen to 'em. There is a fascination about the work that holds me. Out in the open, close to old Mother Nature—close enough to feel her heart-throbs. Really it is more like recreation than work—that's why I can do so much of it without fatigue. If, "He who makes two blades of grass grow where only one grew before is a benefactor," what may be said of the man who makes a fine papershell pecan grow where only pewees grew before?

I have a regular system of exercises I take night and morning regardless of how hard I may have worked through the day. Some of them I take flat on my back in bed; or on an inclined plane I rigged up

over my bed to cure my rupture. My favorite forms of recreation are swimming, dancing and tennis.

Get up at five, breakfast at six, I go to the four sides and the middle of these United States for my breakfast every morning: oranges from Florida, wheat and bran from Michigan, corn from Kansas, raisins and prunes from California, and pecans from Texas.

I drink the juice of one orange in glass of hot water first. Then a medium-sized bowl of corn flakes, whole wheat flakes and bran with a sprinkling of raisins and pecan kernels and juice of stewed prunes over same. No cream or sugar. Eaten with half a glass of skimmed milk, other half hot water.

Lunch at one P. M. I take a slice of whole-wheat bread and spread it thin with honey, then butter, and then spinach—or turnips and greens—a half inch thick and eat that first. Then for the remainder of the meal green peas, green beans, carrots, okra, squash, and a combination vegetable, fruit and nut salad. I eat tomatoes, carrots, onions and lettuce raw. Then finish with small glass of buttermilk with crisp corn bread crumbled in it and eaten with a spoon just like I did when a boy; and lastly a small apple or half a large apple.

Dinner at eight P. M. About the same as lunch. Frequently eat just the leftovers. Occasionally liver smothered in onions or chicken and sometimes oysters in season. I eat very little meat—use pecans instead. Use honey instead of sugar for sweetening. Close with apple as at lunch.

My meals are seven hours apart and I do not eat between meals. I don't eat white bread at all and don't drink ice water—drink cold well water instead. I drink neither tea nor coffee nor any of the carbonated drinks, and of course no intoxicants.

To bed at nine and how I sleep!

My scheme of living can be put in four words of four letters each :

## WORK—PLAY—DIET—REST

My philosophy of life can be put in just a few more words:

I don't allow myself to even think of disagreeable things—forget 'em as soon as they happen and also forget the person or the thing that made 'em happen.

I have an automatic switch in my mental equipment and when anything dis-

agreeable—anything that sounds like a fuss or a fight or a bellyache—strikes, it shuts off and I don't even hear it.

Thus you see my scheme of living and my philosophy of life are in strict accord with the teachings of Physical Culture Magazine and that's what enables me to retain my girlish figure and remain young and pretty and speckled in spite of the years.

(Physical Culture)

## A CASE OF MASTURBATION:

Age 25; Occupation: Clerk; not married

The problem cause of one or all of the symptoms described hereunder are masturbation and lewd thoughts addicted to from early manhood and wet-dreams.

The most distressing of the symptoms is complete lack of seminal retention. Mere contact of the male organ with the female organ is enough to bring about traces of sperm. Tonics did me no help. As for the physical condition of the penis, it has lost something of its erectile power. The testicles seem to be sweating.

**Excessive heat** in the body especially in the genitals and head, necessitating a cold water bath.

**Incessant cold**: The nostrils are never free from mucous which resembles the white of egg. One of the two nostrils is always blocked, the right one more than the other. Frequent sneezing. This condition of the nostrils is aggravated by eating substances which heat the blood. There is also slight cough and throat cleaning. If I read aloud four pages at a stretch, speech will be choked by throat pain and cough.

**Short-sightedness**: This condition of the eyes has made it necessary to wear thick glasses.

**Height** is 5'-5" **Weight** 140 lbs—Body is fatty with a growing belly and is easily exhausted both physically and men-

tally, though appearing robust for all outward appearances.

The condition of the constitution, I believe, is acid: anything sour will upset the stomach and make the teeth sensitive, even slightly sour oranges and grapes. There is gas in the stomach and intestines will be making noise.

The hair on head is falling off slowly.

x x x x x x x

This in my opinion is a case of masturbation coupled with consumption of starches in excess. Continued practice of masturbation led to nervous exhaustion and the subsequent disorders:—indigestion, cough, blocking of the nostrils, throat pain. As the life blood, sperm, is spent in wrong directions, though the person is seeming strong, he is nervous. Some people mistake him to be shrugging his work but really speaking he is not having sufficient energy to discharge his duties properly.

**Treatment**: There is carbohydrate in excess in the body. We can give him a fast. But we should never keep a patient of nervous exhaustion under fast. Therefore the only way to deal with the patient is this: The patient is prohibited from taking any carbohydrates. He must be given vegetables cooked and uncooked both morning and evening and take cooling baths. (All vegetables that can be taken raw only should be taken.)

# Naturopathy and Yoga

By  
Professor S. S. Goswami.

In the remote past, in ancient India the science and art of Natural Healing were not unknown factors and the Rishis of yore more often than not had to have recourse to the administration of natural agents both in prevention and cure of ailments, however complicated or obstinate.

No antiquarian scholar will ever hesitate to admit that the Vedic Civilization was the world's oldest civilization and therefore the Mother of all civilizations. The annals of the vedic era bear witness to the fact that a system was then invented which according to the Hindu scriptural terminology was christened as "Yoga."

The term "Yoga" as used by the Hindus has a very wide range comprising various aspects.

Studied from the following viewpoints it can lay its claim to be recognized as a complete system of human culture:

As a means of reaching the ultimate goal of life.

As a means for developing super-powers.

As a means to increase the level of human efficiency.

When considered from the last viewpoint, yoga is a system of building vigorous health and a high level of efficiency, physical, mental and emotional, as well as of preventing and curing disease by applying natural means.

It may not be out of place to mention here that the Hindus of bygone days were not behind in the matter of original research, as gland transplantation was not new to them. It was done by transplanting the testes of the ram for organic revitalization of the patient. So it is patent that their anatomic-physiological knowledge

was at least on a par with the self-admiring modern medical men, if not greater.

Yet they adopted the natural method in preference to the medical method as it was more fruitful, yet less harmful.

The method consists chiefly of the following factors.

Internal baths which include internal water bath, internal air bath and internal friction bath;

Muscular exercise, both static and dynamic; Respiratory exercise; Controlling exercise; Concentration exercise; to correct diet; fasting; milk and other special diets; External baths such as water bath, sun bath, air bath, etc., and other hygienic measures which serve the purpose of construction and reconstruction, as also prevention.

Now, we know that the root-cause of the disease is within ourselves and not outside us. It grows from within. Disease is an unusual and emergency measure which the body is forced to adopt for the complete elimination of the toxins when the ordinary channels of elimination fail to do their function. This failure may be due to the lowered efficiency of the eliminating organs themselves, the production of excess poisons due to perverted metabolism, creation of new poisons within the body or introduction within the body of substances foreign to it such as drugs, etc., and as a result, a gradual accumulation of poison takes place within the body which ultimately develops into a disease.

When life itself seems to be a burden, vitality slides down at a low ebb, lack of emotional satisfaction, is of frequent occurrence, temper becomes soured. You must conclude that a gradual accumulation of poison in the body has been occurring and if this condition is not taken care of

betimes, the evil will reach a limit when the body, to eliminate it, develops diseases.

To keep the system free from disease and in vital condition, the alimentary organs, the respiratory organs, the circulatory organs, the eliminative organs, the endocrine organs, the nervous system, the muscles and the blood are to be especially managed by the above measures subject to modification to suit individual requirements.

Today, I will briefly outline the Yoga methods employed for the culture of the alimentary canal.

**EDITOR'S NOTE.** Then professor Goswami explained in detail the method. He concluded his lecture by advising his hearers to incorporate this yogic method into modern Naturopathy for more satisfactory results in prevention and cure of disease.

**FOLLOWING** is the report from our correspondent on the demonstrations given by professor Goswami and his assistant Dr. D. Pramanick.

At the 43rd Congress and Convention of the American Naturopathic Association held at Pittsburgh on August 8, 9, 10, 11, and 12, 1939, a special lecture and demonstration were arranged on August 9 for Prof. Dr. S. Goswami and his pupil and assistant Dr. D. Pramanick of Calcutta, India. Prof. Goswami spoke on "Yoga and the Culture of the Alimentary Canal." At first, Dr. Benedict Lust, the president, introduced Prof. Goswami and Dr. Pramanick to the audience. Many eminent Naturopathic physicians and a large number of delegates and other people were present. The important parts of the

lecture were demonstrated by Dr. Pramanick.

The demonstration was an amazing one given to show the complete control over muscles by the mind. Dr. Pramanick showed isolated control of each muscle, singly as well as in pairs. He also demonstrated the double and triple isolation and dancing and wave movements of muscles. His abdominal control was unparalleled. Static exercise, dynamic abdominal exercise and pranayamic breathing were demonstrated.

Dr. Pramanick then gave a demonstration of involuntary control. He first showed the gastric lavage without instrumental aid. He then demonstrated the suction of milk into the bladder without instrumentation, after which he ejected the milk into an empty cup.

The most remarkable part of the exhibition was the suction of air into the bladder without any instrumental aid. The air was expelled with a hissing sound and produced bubbles when immersed in water.

The final demonstration was the suction of water into the colon without the help of any apparatus. Before and after this demonstration the weight of Dr. Pramanick was taken and it was found that he was able to suck two pounds of water. Then the water was ejected into an empty pot. Prof. Goswami gave the physicians present every facility for carrying out a thorough examination before and after each demonstration to eliminate any chance of deception.

It was the most remarkable demonstration of voluntary and involuntary control ever seen in this country. After the demonstration was over, Dr. Lust thanked Prof. Goswami and Dr. Pramanick.

For Health, Strength & Vitality Read  
The only organ of Naturopathy in Hindi Literature  
Annual Subscription Rs. 3. Single Copy As. 4.

The Manager : JIVAN-SAKHA,

**JIVAN-SAKHA**

87, Himmatganj, ALLAHABAD.

(continued from page 30)

## A Question for Layfolk.

(12) Any one who makes an effort to grasp the pros and cons of the vaccination controversy will find that there is no aspect of it so medical or so scientific as to be beyond the understanding of any lay person of average intelligence—pro-vaccinist pretensions to the contrary notwithstanding. At least one distinguished member of the medical profession frankly admitted this when he wrote:—

“The anti-vaccinists are those who have found some motive for scrutinising

the evidence, generally the very human motive of vaccinal injuries or fatalities in their own families or in those of their neighbours. Whatever their motive, they have scrutinised the evidence to some purpose; they have mastered nearly the whole case; they have knocked the bottom out of a grotesque superstition.”

(Dr. Charles Creighton).

J. P. S.

Courtesy of the National Anti-Vaccination League, 25, Denison House, 296, Vauxhall Bridge Road, Westminster, London, S. W. 1., from whom further literature amplifying and proving the necessarily brief statements contained in this leaflet may be obtained.

## Universal Uncooked Food (Review)

By B. S. Gopala Rao

(Author, Rajahmundry. Price Rs. 3-8-0. Card board; and Rs. 4-0-0 full Calico Bound Book)

That sanity in eating is the keynote of good health is the thesis of this volume. The author, a naturopath, has had considerable experience in the methods he advocates. He argues that all disease and decay in the human body are caused by some kind of fermentation or other in the system and seeks to eliminate them by removing this root cause. Cooked food, in his opinion, tends to ferment because it is “dead” matter and all dead things need must decay. Cooking also camouflages the native flavours of edibles, so that the senses which are the sentinels of the body are deceived and admit dishes to which, in their pristine and undisguised states, they would hardly give their *imprimatur*.

The author elaborates this thesis in all its implications and pleads acceptance of this campaign for better health through the eating of uncooked food and other “natural” methods of living. Eating of uncooked foods, he says, is not only a sound health practice, but an economic one too and has appended to the volume statistical tables of “dietetic camps” he had organised at various centres, showing the cost of living under this scheme of eating. Medical and technical opinion in support of the general principles put forward by the author are also included in the volume.

—THE HINDU, 21-1-40.

JUST OUT !

JUST OUT !!

**DRUGLESS HEALING OR The Five Fold Medicine**  
BY

Dr. L. KAMESVARA SARMA, M. A., N. D.,

As. 4 or 1 sh

The Nature-cure Publishing House PUDUKOTTAH, S. India.

# The Indian Naturopathic Association

## INDIA'S PREMIER NATIONAL ORGANISATION FOR HEALTH PROPAGANDA

Its objects are :

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

**The Indian Naturopathic Association,**

**BEZWADA [S. India].**

In particular,

- [a] Through the medium of books, journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.
- [b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.
- [c] For the accommodation of person desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.
- [d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.
- [e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.
- [f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

**Do you Want to be a MEMBER**

Annual Subscription Rs. 3 only.

Members will get copies of

**INDIAN NATUROPATH FREE.**

PRICE Rs. 20

POSTAGE EXTRA

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce  
 that the printing of the above book  
 is now complete, and the bound books  
 will be sent to the Subscribers of the  
 same before the end of this month.

*The pre-publication price of Rs. 10 is now withdrawn*

**Contents :**

- Part I      Philosophy of Chromopathy and apparatus.
- Part II     Sexualogy and Sociology.
- Part III    Psychology and Mental Healing.
- Part IV     Nervous system and Insanity.
- Part V      Diseases of organs and Cure.

576 Pages

150 Illustrations

is printed on heavy antique paper and bound in cloth.

**The Chromopathic Institute,**  
**Andhra Grandhalaya Press Buildings, BEZWADA.**

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL &amp; SPIRITUAL

Editor: Dr. P. VENKATRAMAYYA, N. D., D. M.

पुस्तकालय  
गुरुकुल कांगड़

CONTENTS.

	Page
Wholesome Food .....	37
A Pathological Necessity ....	40
Is Naturopathy unscientific ? .....	44
An M. D. Condemns Vaccination .....	45
Treatment by Fasting .....	46

Digitized by Arya Samaj Foundation Chennai and eGangotri

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P. System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publication, unless and otherwise informed.

Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3—0—0 foreign Sh. 6, \$ 2: Magazine free to the members.

### HAPPINESS OF SEX & MARRIED LIFE REVEALED

## IN Marriage and Sexual Upbuilding

By Dr. E. D. BABBITT, M. D.,  
OF AMERICA.

Are you going to Marry? Are you in search of a happy & harmonious partner?  
Do you feel worried about your marriage relations?

### IF SO

Solve these problems and become a master of yourself and your environment by  
STUDY of the above BOOK.

**Price Rs. 2 only (Excluding Postage)**

*Published by:*

### CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings      ::      BEZWADA.

Those who buy "HUMAN CULTURE & CURE" need not buy this book,  
as this is included in that.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$. 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — April, 1940

No. 4

## WHOLESONE FOOD

It is not true that foods that are good for some are bad for others.

By Dr. L. Kameswara Sarma, M. A., N. D.,

It is often said that one 'man's food is another man's poison.' If this were true, it would mean that there is no law of Nature to help us to distinguish between wholesome and unwholesome food. Often, patients are advised to eat whatever agrees with them. But things are not what they seem. We cannot say that a particular food or article is good for one if it agrees with him. Tobacco smoke agrees excellently well with an inveterate smoker. But from this it does not follow that tobacco smoke is wholesome even to him. The evil effects of the smoke are slowly accumulating and will take shape as disease in the future. The cause of the disease will not be traced to this evil habit but to some immediate and minor mistake, such as going out in a chill wind or eating a small quantity of some particular article of food etc.

It is true that a food, which is in itself wholesome, seems to disagree with some. The reason is that, that food is eaten in wrong combinations; it is eaten as part of a complex meal of the usual kind consisting of three or four courses. The disagreement may also be due to some remnant of unwholesome food which clogs the food canal. Or it may be that the new food helps to excite a natural body cleansing process, which is interpreted as an evil effect. If the man under-

stands that the food is not to blame, but his own wrong living in the past and makes amends by resting and fasting till the trouble passes off, and then gives a fresh trial to the same food according to the hygienic laws, he will then find the true nature and effects of the food. Thus it is not true that things which are good food for some are bad ones for others. What is good food is so for all, provided it is used aright. What then are the characteristics of good food?

Good food is that which contains all the essences necessary for the proper functioning of life inside the body - especially those which are usually neglected. When Science first began to study the chemistry of food, it was found that there are three distinct essences in it, namely proteins, as represented by eggs, meat, and pulses generally, carbo-hydrates as represented by starches and sugar, fats as represented by butter, nuts and vegetable oils. Of all these the first named became the special favourite, because it was chemically the nearest to flesh and so seemed to be the best possible material for replacing lost flesh. It was also thought that the food value of a food can be measured by the heat obtained from the oxidation of the food. Thus arose the calory theory of food values. It was supposed that the vital heat and energies came out of food

fuel. This was based on the supposition that food could be made to behave in a test tube, in precisely the same manner as it behaved in the human body. The truth is that the vital heat does not come from food fuel but is the result of the flowing of the vital currents (life) along the nerves. Food serves only to replace the lost cells.

Besides the three essences mentioned above, all foods were found to yield on burning a little residue called 'ash.' It was till recently assumed that it had nothing but taste value and could therefore be replaced by common salt which is usually added in the cooking. It was thought that it had no nourishment value. Milling and polishing processes where freely allowed as chemical analysis, showed no loss of the nourishing essences, the proteins and starches.

It will be shown here not only that the 'ash' of food is about the best of the chemical part of food but that the super chemical part is even more valuable. This latter part is fugitive; it consists in the freshness of the food. Hence it is that foods do not keep good for ever, but have to be consumed within a certain period after being gathered. In the case of cereals they have to be eaten within a certain time after being hulled. When food is treated so that it will keep indefinitely, it ceases to be food. Perishability is the most essential quality of food. This is exactly what differentiates it from inorganic matter which is not food. Food is alive and capable of serving the purposes of life only so long as it is capable of perishing. Boiled or pasteurised milk, roasted grains and polished rice are so bad that even worms and germs do not want them.

During the last Great War a German warship was fitted out for service in the Atlantic. It was provisioned according to the teachings of medical science. There was an abundance of refined white flour, white sugar, canned meat, salted fish, biscuits made from the same white flour, tea, coffee etc. Fresh vegetables and fruits were not considered necessary except

for taste. It was also not possible to take in much of them. For nearly eight months the ship roamed in the high seas destroying the ships of other nations. Now and then some fresh fruit and vegetables were obtained from the enemies' ships. These were so little that they were set apart for the officers' use. The sailors never tasted any of these. During this long period they seemed to get on all right. But in the end nearly all the men broke down and were bed ridden. The officers remained unaffected though they were mostly less robust than the men. The reason was that they had not been deprived of fruits and vegetables.

The ship's doctor could not diagnose the disease of the sailors; nor was he able to give them any relief. The ship was then near the American shores; so it was taken to the nearest American port and surrendered to the Government. The American doctor who was called in, was equally powerless to cure. At this time it so happened that a 'layman' by name Alfred Mc Cann came upon the scene and offered to cure the men. This offer was accepted. Mc Cann succeeded wonderfully well where the doctors had failed. Within a fortnight all the men were on their feet again.

Mr. Mc Cann simply followed the rule of Hypocrites namely 'food is medicine and medicine is food'. Mr. Mc Cann gave the men extracts of vegetables, fruit-juices and decoction of bran. He gave as medicine just the ash which the medical science then had treated with contempt. Thus it stands to reason that this very ash, if allowed to remain in the regular food all the time would have kept the sailors well.

The fate that overtook these men in less than a year is also pursuing civilised eaters in their homes though more slowly; because in this case there is not such total privation of fresh vegetables and fruits as there was in the case of these sailors. Denatured foods—foods from which this 'ash' has been removed—have little or no taste of their own. They can be eaten only

with the help of salt, sugar or other appetisers. Appetising foods are naturally eaten to excess. The first effect is the waste of nerve power over digestion. The next is the privation of the ash and other vital elements of food. A person with a robust constitution can bear up for many decades against all of these evils if he eats large rations. Anyhow the effects of the deprivation of the ash is not prevented; it is only retarded. Hence the final break down is only delayed.

One important result of this starvation is a deficiency of the eliminative function of life. The body wastes are not completely cleared out. A part is retained day by day and this leads to accumulation of wastes. The food ash, if present, would unite with these wastes—and products of the nourishing parts of the food namely protein, starch, sugar and fat—so that they become soluble in water and are washed out of the body in the usual course of life. If the ash is insufficient the undissolved wastes remain somewhere or other inside as slime. Out of this slime come phlegm, mucous and pus. Retained slime thickens the blood stream and poisons the whole body. It affects for the worse the vital secretions—the saliva, the gastric juice, the bile and the rest. It also clogs the nerves, and stiffens the muscles. It so changes the blood that it loses the quality of clotting, when exposed to air. This clotting is Nature's protection against excessive loss of blood by the bleeding of a wound. Another fact is that healthy blood is alkaline and owes its alkalinity to the living salts of the food. The end products of the nourishing elements of food on the other hand are acidic. These acids are neutralised by the salts and eliminated and thus the blood remains alkaline and healthy. If the wastes remain and increase, then the blood loses its alkalinity and becomes acid laden. This state of the blood is called acidosis. This condition affects not alone the blood but the whole body. It is the root cause of all the chronic diseases, which are wholly incurable by drugs.

The food salts mentioned above are vitalised substances; they are by no means

to be confounded with the inorganic salts. They are called organic salts—the salts of life. These are to be found chiefly in and next to the skins of vegetables and fruit, in the bran of food grains, in green leaves and in nuts. Hence the reckless paring away of the skins of fruits and vegetables, the draining away of the ample juices in their cooking, the milling and polishing of the grains, and other departures from the standard of conservative cooking are the very pavement of the royal road to disease. The royal road to health is equally clear. It is to avoid these errors and to eat more freely of greens and vegetables and to eat less of the other foods.

There are two more food essences which have been found to be vital to health. They are vitamins and cellulose. There is now much talk of vitamins and commercial people are trying to exploit the new idea of vitamin foods in bottles. The truth is that they are subtle and elusive substances, very difficult of isolation. Vitamins are to the nourishing element of food as the spark is to the petroleum engine. Speaking generally it may be said that vitamins are present in raw food and are absent from cooked foods. This is not strictly accurate. Because certain foods even when cooked, manage to retain some of the vitamins—relatively at any rate. The vitamins seem to favour the outside coverings of some food. Thus they are present in unmilled grains; unpeeled potatoes are richer in vitamins than peeled potatoes.

There is something essentially vital in vitamins. They are not present in anything which is stale or old or in anything the vitality of which is in abeyance. They are for example absent from dried peas, beans etc. But if these are soaked in water and placed on a blanket and exposed to the air, they will germinate and immediately become possessed of vitamins.

The vast majority of diseases from which the modern man is suffering are either directly or indirectly deficiency diseases—which are due to a lack of the salt and vitamins in the dietary. The modern

man is not able to take his food whole. The reason is that the germ theory of disease ordains that food should be boiled and sterilised against the microbe. Thus the more recent vitamin theory is in violent conflict with the older germ theory. But the germ theory itself is not based on proper evidence. (Space forbids my entering into a discussion of this subject). Thus Prof. Einstein's statement that there are no eternal theories in science, is found to be true. To put it in a nutshell, the new learning about vitamins simply confirms the simple and a comprehensive wisdom of the Nature School, which enjoins the eating of the fresh foods of Nature in preference to stale or preserved ones and to eat them whole. Also we must rely chiefly on the primary foods. Fresh fruits and vegetables, especially leafy ones supply almost all the vitamins needed.

Cellulose, mentioned above, is the coarse woody fibre, present in food ; they

serve as the framework on which the other essences hang. This is not digested in the food cannal but comes out in the stools. For this reason it was thought that it had no food value and people thought it right to get rid of it as far as possible. In fact it is this woody fibre that ensures the digestion of the digestible essences ; if the eater chews the food well, then they help the digestive juices to penetrate into the food substance through and through. The fibrous part also helps free and normal bowel movements. They give the needful bulk to the food residues so that the muscles of the bowel are able to act.

*Thus wholesome food is that food which is whole.* It is the food that has been got fresh from Mother Nature. Apart from this earthly food there are other finer foods which are essential to the process of nutrition. I shall deal with these foods in a later article.

## A Pathological Necessity \*

### CHOLERA ASIATICA

#### What is Cholera ?

Cholera is a case of Diarrhoea, and vomiting, with or without nausea, in a very virulent form. The disease is thought to be epidemic in nature, and fatal at times. The regulars are mentioning a (s) like germ to be the cause of this disease. It was wrongly called a comma-bacillus. Medicines are administered to combat the same to mitigate or relieve the diseased.

#### How does it attack ?

The regulars are finding fault with a germ for causing this much dreaded disease. The disease is called Asiatic, because the virulent type arises only in hotter regions

of the earth, especially India. People of Egypt and some other hot countries are also prone for the attack of the disease. But what are the causes of this disease ?

Cholera in almost all cases attacks patients with stupid colons. If an attack of cholera is non-violently run through the patient is relieved of his constipation for ever and his body is thoroughly cleansed of the morbid matter accumulated in the body for a number of months, nay, years. He feels more healthy than before. His vital energies increase, and his vigour and virility also proportionately improve.

But if a medicine man interferes with his opium and brandy ; camphor, and tries

\* This is the third article in the series 'Pathological Necessities'. The first appeared in December 1939 and the second in the month of February 1940 of I. N.

to check the virulence of the attack, and thereby complicates the case or even turns it fatal, then only cholera proves fatal. A case of cholera, if properly handled, in almost all cases, becomes controllable, and takes a natural turn towards a cure.

### What causes Cholera ?

I told you that cholera attacks only patients suffering from chronic constipation. Every man in normal physiological condition must have as many bowel movements as the number of times he takes his meal. A man who takes his meal twice a day should have two thorough colonic movements. Food should normally be assimilated and the residue eliminated before 12 to 16 hours after each meal. People eating twice or thrice a day, besides many times of eating things other than their principal meal and having one or no motion of the bowels, throughout the whole 24 hours of the day are sure sufferers of constipation. When questioned they reply in satisfaction that they are having a thorough motion every day or every alternate day. Some people do not even know that they should have every day at least one motion.

There is an athlete who used to be the friend of mine. He used to have a motion every third or fourth day. Such robust people when attacked by cholera, we wonder, how such a strong man fell a prey to the fatal disease, while seemingly weak thin people stand the attack of Cholera or immune from it.

### The reason is this.

Those that have got active bowels and other excretory organs are more healthy and so less susceptible to disease. Having less or no fecal matter to accumulate and encumber the body they are a bit less stout than those who have less active excretory organs and whose bodies are encumbered with uneliminated and uneliminable fecal matter. Fecal matter which is not properly eliminated by the colon tries to go out of the body through other organs of elimination e. g. the kidneys, the lungs and the skin. They in turn are exhausted

by doing the extra work of elimination and become inert.

Some of the fecal matter is transformed into carbonic acid gas and enters the blood stream, to be eliminated through the lungs, kidneys, and skin. When all the organs fail to do the extra work forced on them, the body becomes encumbered with the foreign matter thus accumulated, and the body is unduly rounded; giving the shape of a robust person. When the blood so laden with the morbid material, enters the head and brain area, it gives rise to an undue stimulation there, and the person with such foreign matter in his body, becomes highly active and irritable.

If you closely trace a number of cases of cholera and the previous history of the patients, you will certainly come to the conclusion that not even one of them is free from constipation and heavy encumbrance of foreign matter. It is this unwanted foreign matter that is very forcibly purged out of the system in a case of cholera.

Cholera attacks a number of patients in a locality, and people think that it is contagious. People in a locality through customary modes of living may, some of them, have lazy colons and be encumbered with foreign matter. Through climatic influences, that is, through the abnormal difference of day and night temperatures there is a stimulation in every body. When the body is heavily encumbered with foreign matter and when the temperature gives a push to the vitality, there is an outbreak of cholera in the body. There is no need to the spreading of the disease from one to the other. Even if we admit, it cannot catch a person who has got an active bowel and who has not sufficient encumbrance of foreign matter in his body.

We come across numerous persons that nurse the cholera patients coming out unattacked. The dread that cholera is a fatal disease and that it attacks all in a sudden any person, is the cause of death for some of the numerous people. If we create a healthy mode of thinking that it

will attack only a few persons and that it can be safely cured by our natural methods of cure, much of the danger can be averted. People are learning now, to face bravely and treating cases of cholera with better results with naturopathy.

### Symptoms

The person who has an attack of cholera, has a motion with hard feces, along with streaks of blood. Afterwards the motions are loose and finally a whey-like matter is forced out of the system even without the knowledge of the patient. There may be vomittings also of the whey-like matter. There is scanty or no urination. There is an immense thirst. These is fever. This is the first stage. In the second stage of the disease all the symptoms increase in vigour and there may be motion every two or three minutes. There is excruciating pain in the extreme parts of the body and may spread to the whole of the body. The thirst increases. In the third stage the fever goes down ; the extremes become cold ; the pulse lowered ; motions diminish in number ; the patients feel sinking. Coma or delirium sets in and there is the final fatal rest.

### What Nature Cure can do.

If nature cure is resorted to from the beginning of the disease there is every possibility of a sure recovery. The Naturopath does not try to stop motions or vomittings. He knows that there is unwanted material in the system and that it ought to come out. But he does not keep quiet and wait for a happy turn of events. He aims at reducing the irritating material in the body. There is scanty or no urination. If we can induce urination there is a reduction in the number of motions and there is a possibility for a good prognosis. So, he gives the patient a number of Khune's hip or sitz baths of shorter, say 5 minutes duration. For poor people who cannot afford to buy a tub or where there is no tub available on hand, clay compresses on the abdomen below the navel continuously for an hour chang-

ing for every ten minutes may be applied. An hour should be waited for reaction and results, and the same procedure may be adopted for another hour and so on.

There is an immense thirst. The patient demands very large quantities of water and the belly is bloated. Water should not be withheld. Instead of cold water, the patient should be given hot water for drinking with advantage. The heat in the water, induces perspiration. This also in turn helps the system to revert the centre of elimination from the bowels to the skin.

The patient may be kept in mild sunlight, If there is no sun or there is very hot sun, or If it is cloudy, hot water bags applied to the feet and hands, also relieve the heart of the extra-ordinary work of pumping the blood to the remotest parts of the body which are loosing normal warmth with every motion and vomitting. If no hot water bottles are available, hot water fomentations, applied with flannel or with a piece of (कंचलि) any woolen cloth serves well. Fomentation given to the spine and the chest also helps to induce perspiration.

The aim of a naturopath should be to open or induce to open all the other organs of elimination, and thus relieve the bowels of the undue burden of the virulent elimination.

The above procedure may be adopted even in the second stage of the disease. In the third stage the aim of the naturopath should be to restore warmth to the patient by hot water bottles applied to the feet and hands and fomenting the spine and the chest. Sitz baths of 2"- 5" duration every 2 or 3 hours will be beneficial. The patient may be given hot milk or gruel in small quatities, may be made to sip slowly.

Mild sun baths work wonders in this condition. I have cured a patient entrusted to me in the third stage who had lost all consciousness. I gave him mild sun baths morning and evening along with 3 to 4 sitz baths daily. He was given nothing

## THE INDIAN NATUROPATH

43

but sweet fruit juices of the citrus kind for his feeding all those days. He was applied violet light for restoring warmth. In every bad case where the temperature has gone very low, we apply red colour instead of violet.

In the first stage we apply blue colour to the patient. Blue light on the body through a petromax light acts miraculously in a case of cholera in the first stage. Blue water administered every half an hour of 1/8th oz. as a dose will induce urination and helps to lessen the number of motions.

In the second stage where the pains have set in, the violet light and water is very beneficial.

Even in the day time the light may be applied to the patient in a closed room. Care must be taken to keep the room cool and clean. Clothes soiled with the motions etc. must be carefully washed and dried. The fear that every man will be attacked, that every case will be fatal must be averted by optimistic outlook. Else the patient cannot be well nursed.

## Prevention

For preventing cholera every man should follow these rules :—

- 1 Eat fresh fruits every day.
- 2 Lessen the carbohydrate percentage

of food and replace it with more vegetables and greens.

- 3 See that there is free motion of the bowels every day.
- 4 Resort to enema if you feel that your bowels are irregular or inert.
- 5 Lessen your fat intake.
- 6 Do not use stimulating beverages such as coffee, tea, wine or brandy, cocoa, alcohol, beer.
- 7 Avoid smoking, chewing or snuffing of the tobacco.
- 8 Drink sufficient quantities of cold water daily.
- 9 Do not indulge in feedings other than your principal 2 meals.
- 10 Resort to enema if you feel that your bowels are irregular or inert.
- 11 Take four doses of blue water daily of half oz, each.
- 12 Avoid immoderate work or drudgery.
- 13 Take moderate exercise or recreation.
- 14 Rest sufficiently.
- 15 Go to bed before 9 p. m. and rise early by 5 a. m.
- 16 Lessen your sexual unions, better to avoid them.
- 17 Avoid all habits that enervate, irritate or exhaust you.
- 18 Be optimistic.
- 19 Take cold or warm water bath, twice daily, taking care to cleanse every inch of your body.
- 20 Do not forget to do your duties to God through prayer and worship every day
- 21 Have a cool and calm disposition to all things material.

For Health, Strength & Vitality Read

The only organ of Naturopathy in Hindi Literature

Annual Subscription Rs. 3. Single Copy As. 4.

**JIVAN-SAKHA**

The Manager: JIVAN-SAKHA,

87, Himmatganj, ALLAHABAD.

# Is *Naturopathy* unscientific ? \*

By Dr. Sarma K. Lakshman, B. A., B. L., N. D.

From a letter by Sri Bhavani Prasad, Professor of Naturopathy in your University, I understand that a commission from the Hindu University of Benares had recently visited your university and inspected the courses of study. I am told that the commissioners opine that naturopathy is unscientific and that to teach that system to students who are also studying other systems which are different, would be a source of perplexity and confusion to them.

As regards the first charge I request you to consider that practically every detail of naturopathy which was at one time opposed by medical authorities, is now freely admitted, if not by the rank and file of the medical profession, at least by the leaders everywhere, to be eminently sound and beneficial and worthy of incorporation into their own system. The various heads of treatment namely Hydrotherapy, Heliotherapy or Sun-Cure, Dietotherapy and Fasting-Cure, which at one time were looked down upon by medicos are now admitted to be scientific and many are attempting to adopt them in their own practice. The ideas about diet which are the fundamentals of Dietotherapy as practised by the Nature-School have been fully corroborated by the recent scientific discoveries so that the Nature-Cure system has been scientific all along while allopathy is only now slowly becoming scientific by the addition of nature cure into it. Fasting which was till recently considered dangerous is now admitted by those who are not behind the times as perfectly scientific and far more efficacious than orthodox treatments. Of course doctors who have received their schooling in the olden days are still groping in the darkness and such persons would naturally continue to repeat the stale errors that they had been taught. In this connection you may peruse the article by Dr. Sir Henry Lunn

M. D., contributed to the Times of India; which appears elsewhere in this number.

Medical men in India are not aware that allopathic medical science is itself in the melting pot, and that therefore its claim to be scientific is itself very much in doubt. This point I shall deal with presently. In any case persons professing a hostile system can certainly not be expected to be fair in their views upon ours. Sir William Arbuthnott Lane, the world famous wizard of Surgery, has been for decades doing health propaganda on naturopathic lines and he has recently dis-registered himself from the register of orthodox physicians. There have been and there are still a great number of highly qualified allopathic doctors who have turned aside from that system as unscientific and adopted the practice of naturopathy with great success. A long list of such names can be given both in England and in America. Among these are Major Austin Retired I. M. S., Dr. H. Valentine Knaggs M. R. C. S., L. R. C. P., Dr. Josiah Oldfield, Dr. Lindlahr M. D., Dr. William Howard Hay M. D., the late Dr. L. N. Chowdhry, Retired Civil Surgeon of Jubbulpore, Dr. B. P. Allinson M. R. C. S., L. R. C. P., etc. etc.

A group of highly qualified doctors of England and the continent numbering about sixty, feeling that allopathic medical theories and methods have diverged greatly from the scientific truth, have joined together and organised the Health Education and Research Council. The membership is strictly confined to doctors holding medical degrees but in their actual work among the people they associate with themselves naturopaths, homeopaths, herbalists, etc. These Doctors are aware of the gross ignorance of medical men on the subject of diet, and

\* A letter addressed to the Vice Chancellor, Gurukul University, Kangri by the President, The Indian Naturopathic Association.

of the unscientific and dangerous nature of vaccines and serums. They are also aware that the use of drugs is unscientific and can only be condoned, on account of sheer necessity, when the patient is not willing to submit to a more scientific (because more natural) system being in a haste to get well soon enough, to return to his money making pursuits.

Upon the second objection, I may state that men who are prejudiced, will naturally raise any sort of objection whether it is sound or not. It is the natural right of every student to know what there is to be said on both sides of every medical question so that he may, by his own experience, find out what is right. As a matter of fact the human mind can hold in suspense pairs of opposite ideas until it has an opportunity to decide between them.

Further, Nature-Cure is cheap and is

capable of being practised by one and all without the help of an expert. Hence it is the most suited of all systems to the conditions obtaining at present in India. Also it has got its sanctions in the Vedas, Upanishads, and other literature of our land and as the chief aim of your University is to foster oriental culture, it is but fitting that you should take a lead in the matter of giving instructions to students in the subject of Naturopathy.

In conclusion, I would make a further suggestion. Nature-Cure being a non-technical and simple science, having as its fundamental aim, the enabling of every one to be his own doctor, it should be made a subject of study for students in all courses so that they may be given a chance to realise in their own lives the blessing of being free from dependence on doctors and the Medicine Trade.

## An M. D. Condemns Vaccination

Dr. Wilson Smith M. D., diploma in bacteriology, member, scientific staff, National Institute of Medical Research; Hampstead N.W. 3; in the course of his lecture on 'the prevention and control of Virus Diseases' delivered at St. Mary's Hospital inoculation Dept., on 2-5-39 observed as follows:—

1. "Words which immediately leap to the mind in this connection are: 'Immunisation' and 'Vaccination,' but before considering these I would like to emphasize that a healthy man has a natural resistance against most infectious agents, be they viruses or bacteria. Pathologists and research workers tend to forget that the first and possibly the most important of all preventive measures is the maintenance of good general health by means of good air, exercise and adequate nutrition."

2 "In his quest the research worker has in mind constantly certain ideals to

be attained as far as possible. These are (1) Safety, the vaccination should introduce no risk or danger to life or health; (2) Efficiency: the treatment should result in a high grade of immunity, and this resistance should be of long duration. (3) Non-irritability-By this I mean that the ideal vaccination would be painless and produce neither local reaction nor disturbance of the general health; (4) Convenience: a single dose, if effective, would be much preferable to multiple doses, and the administration of the vaccine should be simple procedure, such as an intradermal or subcutaneous inoculation."

"No virus vaccine that I know of, satisfies all these criteria of the ideal. The attainment of safety often results in a product which gives only low-grade and transient immunity. It is most important to bear in mind that no two viruses behave alike, so that if an ideal vaccine were discovered for a particular virus disease, it

is extremely unlikely that the same method would be applicable to most other virus diseases."

3 "The introduction of living micro-organisms into the human body is attended by such obvious risk that one is only justified in doing so if it is quite certain that the desired object cannot be attained otherwise."

4 "There are practically no virus diseases which killed virus vaccines produce the satisfactory grade of long-lasting immunity."

5 "The disappointing results obtained with killed vaccines especially regards the short duration of the immunity engendered,

have led to the employment of living virus for prophylaxis. By such a step we abandon our ideal of absolute safety. No matter how often a living virus has been used without untoward result, an element of risk remains. The adaptability to environment, which is one of the chief characteristics of life, may introduce unknown and uncontrollable factors. The risk however, has, in many cases, been reduced to such proportions that the end might be accepted as justifying the means."

6 The use of Homogenous serum in this way is not, however entirely free from risk. A small percentage of cases so treated have developed an illness characterised by jaundice, the cause of which remains as yet a complete mystery."

—(o)—

## Treatment by Fasting

[An M.D. a fellow of the Royal Society of Medicine, a registered doctor of Medicines, appeals to the medical profession—appeals to observe the merits of Fasting.]

(Dr. Sir Henry S. Lunn M. D., writes in the 'Times of India' of July 14.)

I shall be grateful if you will permit me, as a septuagenarian and a Fellow of the Royal Society of Medicine, registered as a Doctor of Medicine and a Bachelor of Surgery of Dublin University, 43 years since, to appeal to the members of my profession to consider carefully the remarkable results which are being achieved at certain establishments where the treatment is specially directed to the endeavour to eliminate poisonous diseases from the system by fasting. I write this letter after a study of this particular treatment extending over many years and a recent personal experience of it in the form of ten days on water, three days on water in which vegetables had simmered and one day on milk.

Nine years since, by invitation of the Swiss Government, I joined with some of the most eminent members of the profession, including the present President of the Royal College of Physicians and others whose names are household words in this country, on a visit to the Spas of Switzerland. During this journey I related to my companions my own experience of the successful endeavour to overcome by fasting the tendencies resulting from uric acid diathesis, and to keep under various manifestations which troubled me forty years ago, notably a marked tendency to glycosuria. One of them said, "You have had a unique experience. For over thirty years you have treated one patient and treated him successfully. Write the story for 'The Lancet'." This I accordingly did and the record of those years appeared in an article of some columns in that paper.

A particularly strenuous life of the last few years, including a

lecturing journey round the world, four months lecturing to the Universities of America, the strain in May of a political campaign for friends of mine during the General Election, in addition to the ordinary pressure of life, decided me to take the fast which I have mentioned, in one of the establishments referred to.

It seems to me that the almost miraculous cases occurring therefrom week to week ought to be placed on record and considered carefully by the leaders of the medical profession.

#### Successful Experiments.

My friend who introduced me to the establishment is himself a striking illustration of the advantages of the treatment. A barrister-at-law, for ten years, he had been incapacitated by ill-health from discharge of his ordinary duties. He was visiting the establishment when I arrived, and his story is as follows. Suffering from chronic pancreatitis, gall stones and other complications, his life, a few years ago, appeared to be an absolute wreck. The leaders of the profession whom he had consulted again and again, gave him little hope of recovery. In this condition he decided to try a prolonged fast and spent over fifty days with no other nourishment than water, or water in which vegetables have been boiled, or fruit juice. This was accompanied with systematic massage, enemas and other methods adopted by this establishment. The result, to those who know him, as I have had the privilege of doing for some years, has been amazing. Though past middle life, with the energy of a very young man he has entered upon important enterprises and carried them through with remarkable success and today enjoys a condition of

health which would be the envy of many active men of business.

Some two years ago, I paid a visit of 2 or 3 hours to this place and there, saw a man carried in a stretcher suffering from pernicious anaemia in an advanced state. He also had been given up as a hopeless case by leaders of the profession. He came to the establishment as a last resort, to leave it a few weeks later restored to health and strength again. These are two of several cases that occurred in the treatment of this particular disease.

On the last Sunday of my stay, I visited a resident in the neighbourhood who came there as a nervous wreck and has been fully restored. His daughter was a remarkable case. She had a violent attack of rheumatic fever. She was treated simply by the methods adopted for the elimination of poisons, massage, enemas and the rest, and fasted 17 days. The attack was very severe and it was believed that she could not escape without cardiac injury, but under this treatment she recovered completely and to day her health is perfect and no trace of that fell disease remains to trouble her.

I returned after the fast that I have described with renewed vigour, realising that the treatment accomplished what its professors claimed for it, viz., the elimination of the waste products of years from the system. The arterial and capillary systems are inevitably choked through errors in diet with the products of combustion. A fasting cure clears away the ashes to be rejuvenated by the uninterrupted flow of blood to every tissue of the body. Such a cleaning of the whole system inevitably results in

marked benefit in cases of high blood pressures, obesity, habitual constipation and all the manifold troubles arising from rheumatism.

It is not for me, with my limited experience of medicine to dwell at greater length upon the facts of the case, but I hope that enough has been said in this letter to direct the attention of the medical profession more definitely in this question, that

they may consider whether the methods of treatment thus described do not merit wide adoption.

The losses to the nation from rheumatism in its many forms are so colossal, running as they denote into millions a year, that, merely as remedy for this disease, the treatment deserves careful and scientific study.

## DEGREES AND TITLES

The Government of Madras has published the preamble of a bill for preventing the use of titles similar to those in use by allopathic practitioners, and it is claimed that there is a need for it, because titles are being used so as to mislead the public.

"The Government have published, for the purpose of eliciting opinion, a Bill to amend the Indian Medical Degrees Act 1916, in its application to the province of Madras.

The Bill will be considered on or after 25th April next, before which date, any objection or suggestion may be made to the Secretary to Government, Education and Public Health Department.

The statement of objects and reasons of the Bill says that the Indian Medical Degrees Act, 1916 (VII of 1916), does not contain any provisions to prevent unqualified medical practitioners from assuming bogus titles similar to medical degrees and diplomas granted by competent authorities. There have been cases in which such practitioners have used titles such as D. M. H., M. D. B., F. R. C. S. (India), etc., with a view

to misguiding the general public into a belief that the practitioners are qualified medical men possessing high qualifications. The assumption of such titles by unscrupulous persons is highly dangerous to society. The question of undertaking All-India legislation for the purpose was under the consideration of the Government of India for a long time, but in 1935 they pointed out that under the new Constitution, any Provincial Government might themselves undertake such legislation if they felt the need for it. It is therefore, proposed to amend the Indian Medical Degrees Act, 1916 so as to penalise unauthorised use by medical practitioners of titles, etc., implying qualifications in any system of medicine.

It may be stated that this measure was under contemplation when the late Ministry resigned office."

While it is true that there are some unqualified persons using titles in order to create an impression that they are qualified, it is necessary not to infringe the freedom of persons, who are not guilty of any misrepresentation.

The use of titles which are identical with allopathic medical titles

can be prohibited, since no one, not qualified as a medical practitioner should be allowed to represent himself as qualified. But the matter is quite different where a person does not profess that he is qualified as an allopath. Titles are in use which signify qualification in some system other than allopathy. Homeopathy and Naturopathy are instances in point. H. M. D. signifies a doctor of Homeopathy; while N. D. signifies one who is qualified as a Naturopath.

It is wrong to contend that these titles are similar to allopathic medical titles. It is unjust to restrict the

use of titles on any such fanciful similarity; legislation which seeks to do so, will be class legislation, intended to benefit the allopathic practitioner.

I request members of the Association and subscribers to express their opinions on the proposed bill in brief, with a view to action to prevent unfair restriction of our legal rights.

K. LAKSHMAN,  
President, I. N. A.

N. B.—Readers are requested to communicate their opinions to:—Dr. Sarma, K. Lakshman, B. A., B. L., N. D. Pudukotah.

## LETTERS :

From,  
Sarma K. Lakshman,  
B. A., B. L., N. D., President.  
The Indian Naturopathic Association,  
Bezwada.

To  
The Government of Madras,  
Madras.  
Sir,

Opinions having been invited on the proposed bill to amend the Medical Titles Act, I am submitting the following, as representing the above named Association and all those whose lawful interests are intended to be safeguarded by it.

I may begin by stating that we are professors and followers of the system of Naturopathy, also called Nature-Cure.

The members of this association are scattered all over India, and all are effected for the reason that the other Provinces are almost certain to follow the example set by this province.

Many of us hold degrees, such as the N. D. degree, which are so designed as to distinguish their holders from the professors of the allopathic and other systems, including the one called Homeopathy.

The system called Nature-Cure differs from every other system in that it eschews not only poisonous substances called medicines, but also all inorganic substances whatever, and employs only such aids to health as are worthy to be regarded as the natural food of man.

The system also excludes opera-

tions. In particular we disapprove of operations in which vital organs are removed.

It is also to be considered that owing to the great ignorance of the people, it is almost always the case that sufferers who come to a nature-curist for the first time are those that have spent decades under unsuccessful or injurious allopathic and other treatments; they come to our system as the last resort.

Another point is that the Nature-Curist has nearly always to begin with every patient by explaining to him the principles and methods of

his system, and make him understand that it is Nature-Cure, and not something else.

I submit that in the circumstances no Nature-Curist is likely to mislead or deceive any one, and that consequently titles denoting qualification in this system or in any of its divisions should be excluded from the operation of the Bill.

I shall be glad to furnish any further information that may be found necessary.

Pudukotah, }  
10-3-40. }

Yours faithfully,  
K. LAKSHMAN.

## *I go on for ever*

[Under this head every month a brief report of the work being done by the Indian Naturopaths, will be published. We invite news to be published under this head by the active members of the profession.]

1. Dr. Sarma K. Lakshman B. A., B. L., N. D., addressed the members of the literary society, Salem, on 18-2-40; the subject he chose was "Dispensing with Doctors."

2. Under the presidentship of Sri A. Ramaswamy Gounder M. A., L. T., Dr. Sarma spoke to the students of the municipal school on "Scientific Hygiene."

3. To the local ladies club at

Salem, Dr. Sarma spoke on "Wholesome Food."

4. The printing of the 'Human culture & cure' is complete and copies are being despatched to all the subscribers who had paid their pre-publication prices. We congratulate the 'Chromopathic Institute (Rgd) Bezwada, for the enterprise.

5. Dr. Putcha Venkatramayya N. D. General secretary, the Indian Naturopathic Association delivered a lecture on 'Infant Mortality in India' on 21-3-40 at 6-30 P. M. in Thipparajuvvari Chatram, Nellore, with Mr. V. Venkata Subbayya, B.A., M. L. A., in the Chair.



# The Indian Naturopathic Association

## INDIA'S PREMIER NATIONAL ORGANISATION FOR HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [S. India].

PRICE Rs. 20

POSTAGE EXTRA

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce  
that the printing of the above book  
is now complete, and the bound books  
will be sent to the Subscribers of the  
same shortly

*The pre-publication price of Rs. 10 is now withdrawn.*

Contents—	Part I	Philosophy of Chromopathy and apparatus.
	Part II	Sexualogy and Sociology.
	Part III	Psychology and Mental Healing.
	Part IV	Nervous system and Insanity.
	Part V	Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth.

For detailed prospectus  
apply to:—

The Chromopathic Institute,  
Andhra Grandhalaya Press Buildings, BEZWADA

Printed & Published by Dr. P. Venkatramayya, N. D., D. M., Genl. Secry. I. N. A.  
at the A. G. Press, Bezwada.

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

*Editor:* Dr. P. VENKATRAMAYYA, N. D., D. M.

## CONTENTS

	Page
Pathological Necessities, 4	
Spermatorrhea	51
Need of Live Food Propaganda in India	55
Nature Cure is absolutely necessary to the World	61
News and Notes	62

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P. System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$ 2. Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie ?
- What is the principle of Temperamental harmony between man and woman ?
- How can you contribute to the building up of a superior human race ?
- What temperamental couple can lead a perfect happy life ?
- How can you modify the temperamental influences of a wrongly united couple ?
- What are the three fundamental methods of human up-building ?
- How can you remedy sexual waste ?
- How can you control the sex of your offspring ?

Price Re. 1 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)  
Andhra Granthalaya Press Buildings :: BEZWADA.

N. B:— Those who do not want to buy this book, as this is included in the same.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — May, 1940

No. 5

## *Pathological Necessities\** 4

### SPERMATORRHEA

One would simply laugh when hears and reads that Spermatorrhea, the devastating disease is also a pathological necessity. It is a fact. But before I try to convince my reader, about that, let me first of all explain what it is, and how it has made its appearance.

#### Symptoms

The emission of the vital fluid called semen, is ordinarily called spermatorrhea or seminal loss. When the youth sleeps he has a voluptuous dream and the semen comes out of the genital and the patient wakes up and finds, with utter disgust that his linen is soiled. He may also find with dismay that the girl that attracted him to the act of coitus in his dream, has vanished as soon as he awoke.

There is another mode of emission. The youth broods over the mating of his favourite girl. The semen without any effort on the part of the youth oozes out and the linen he wears is soiled.

The youth, while pressing down

the rectum the encrusted stools, emits white fluid from the genital. There is still another way in which the mere sight of the voluptuous feminine form creates the erection of the penis and the semen is forced out of it.

While passing urine, the semen comes out of the genital, mixed with urine. If the urine is kept in a cool place a milky white substance deposits at the bottom of the urine.

A few drops of jelly like white substance come out of the genital, before passing urine in some cases.

#### Why does it happen ?

Ordinarily it shows its appearance as a safety valve in the beginning. If you persist in an unwholesome and unbiologic living the temporary safety valve becomes a permanent valve and the emission of sperm becomes a chronic occurrence. If you do not stop your unbiologic, and unhygienic ways of living, the seminal emissions persist and there is a chronic spermatorrhea devitalising and exhausting the human form.

\*This is the fourth of a series of articles. Previous articles appeared in I. N. for Dec. 1939.  
Febr. 1940 & April 1940.

## Preventive Methods

But what are the ways of unhygienic living and how to avoid those ways is the pertinent demand.

If the body maintains a proper proportion of alkaline percentage; and if the blood and tissues are sufficiently alkaline; sufficiently saturated with live organic mineral salts; there is no undue irritation in the nervous system and the subsequent irritation in the sexual system also.

If the nervous system maintains sufficient tone, there is no undue stimulation in the blood. If there is not undue stimulation in the blood the vital fluid called sperm is not extracted from the blood, in the testes; and the spermatic vesicle does not exceed its approximate volume of 1 ounce. Because the blood has got all the vital fluid absorbed in it, the person maintains a perfect health. Any untoward conditions, ethereal or climatic, do not shake the barometer of the body's health.

Because the spermatic vesicle does not exceed its limit, there is no undue irritation on the interior sexual parts and the youth enjoys a perfect health, physical, mental and even moral.

People think that celibacy is a fine quality in the being and they enjoin a number of rituals to maintain it. None of them is as potent as the biologic and hygenic living. So every person suffering from the stupid malady, or any one who wishes to escape the clutches of this dreadful disease must observe the simple rules of health and hygiene.

A man or youth, who wishes to be healthy, must maintain, the 40 : 60

ratio of acid : alkaline properties in the body.

If the blood is sufficiently alkaline the youth shall have the necessary nerve, to be celibate and moral. Then no education is necessary to keep him healthy, physically, mentally and morally.

If the blood loses its necessary alkaline ratio, then the nervous system becomes irritative and the blood loses its vital energy by the extraction of the vital fluid through the testes.

When once the spermatic vesicle is over-burdened with the so extracted sperm, the nervous system becomes all the more irritative. I said it is a safety valve, to have emission of semen, and if the sperm is not squeezed out, the nervous system is inflamed and insanity will be the result.

In that pathological condition a safety valve is all the more necessary. It is not only necessary in that pathological condition, it is detrimental to the health of the youth to try to stop the seminal emissions, by the dangerous drugs, without a healthy transformation to good habits in living.

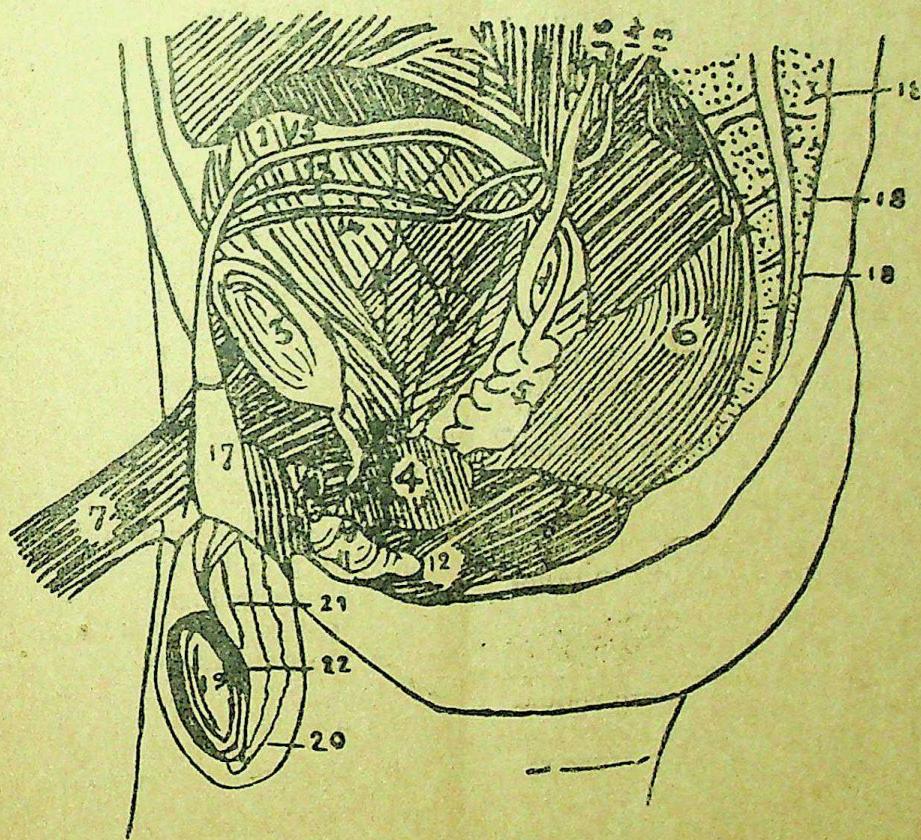
To maintain the necessary alkaline ratio in the system, the youth must partake of greens and vegetables cooked or uncooked along with his rice or wheat *Annam* or *roti*. The cooked or uncooked vegetables or greens must form thrice the weight of *Annam* or *Roti*. By partaking of the starches in excess of or even double the quantity of, the vegetables or greens, the balance of the alkaline ratio is disturbed. So every person who intends to escape the dangerous clutches of the dreadful malady, must eat only whole meal grains, made into *Annam* or *Roti*. Neither the branny

water nor the *Kanji*, should be strained out. The vegetables must be cooked, rind and all, and the water after cooking should not be sieved or strained off.

For a youth who wishes to maintain the balance of the healthy alkaline ratio, he ought to

bathe his whole system with the cool oxygen of the morning and evening breeze.

To avoid spermatorrhea the youth should take every care to take sufficient exercise both morning and evening.



1 Peritoneum, 2 Bladder, 3 Public junction of bones, 4 Prostate, 5 Seminal Vesicles, 6 Rectum, 7 Penis, 8 Cavernous body of Penis, 9 Urethra, 10 Erector muscles of Penis, 11 Cowper's gland, 12 Spermatic artery, 13 Spermatic vein, 14 Spermatic duct, 15 Ureter, 16 Spermatic cord, 17 Cross bone, 18 Testicles, 19 Epididymis, 20 Spermatic artery, 21 Spermatic vein.

By exercise every morsel that he eats is well utilised by the cell or tissue that has undergone thorough movement.

Food material that is not well assimilated by proper combustion, becomes a burden to the system and every morsel you eat must be tho-

roughly oxygenated and hence a brisk walk morning and evening in the open air is imperative.

The starches and proteins that are not well oxygenated and well utilised by the system, try to escape from the body as effete material. If the colon is not properly functioning,

the carbohydrates that are not well combustioned, try to escape through urine. People mistake that white discharge for a regular discharge of sperm. In 80 out of every 100 cases of mistaken spermatorrhea are cases of indigestion and constipation, and if care is taken to avert the two diseases, there is no more white discharge from the genitals through urine or otherwise. So care should be taken to minimise the quantity of cereals to be advantageously replaced by vegetables and greens. If the patient can afford it is wise to have a frugal use of juicy fruits of the citrus family.

#### Location of the Sperm pouch.

The pouch in which sperm is deposited is called the spermatic vesicle. By the annexed picture, you will find that the vesicle is situated between the colon and the bladder.

Any disturbance in any one of the two excretory organs is sure to bring the trouble in the spermatic vesicle. So it is wise always to see that neither the bladder nor the colon is clogged with impurities. So every care should be taken to empty the bladder and colon immediately after the sensation for emptying is felt. Ayurveda says:—“न वेगान् धारयेत् धीमान्”. “Wise man, don't retain effete material”.

If the youth is already suffering from constipation, and if he does not have two thorough evacuations every day, he should take every care to see that the colon functions properly, by proper diet and exercise. He should resort to the flushing or irrigating the colon, with pure tepid water every morning for a number of days or even a few months, until the colon regains its proper tone to function properly.

#### Treatment.

Take only two meals a day, leaving the afternoon, for the exclusive consumption of juicy fruits. If the patient is already suffering from dyspepsia or anemia it is always wise to take one solid meal with rice or wheat whole meal *Annam* or *Roti*, with a free addition of vegetables or greens cooked or uncooked, thrice the weight of *annam* or *roti*. He may take a small quantity of pure cow milk or buttermilk along with his meal. He must eschew fats, proteins, and vegetables grown under ground, such as potatoes etc. Carrots is an exception to the rule.

The patient may take fruits, and if he is poor, he may substitute cooked or uncooked vegetables, for his second and third time meals. The roughage of the vegetables increases the peristaltic action in the bowels and there is a thorough cleansing of the bowels.

The patient should take daily 2 Kuhne's hip baths of 10 or 15 minutes duration according to the strength of the patient. There may be still emaciated patients, who can take only 5, 6, 7, or 8 minutes baths without bad consequences.

Brisk walks taken both morning and evening will accelerate the whole system and nervous system becomes toned. The patient should fix the duration or the length of his walk in accordance with his ability to do the same. If I am asked I will fix 4 & 4 miles daily for a normal hiker. For a man suffering from spermatorrhea, a brisk walk is to be preferred to *Dand* or *Bhaski*. Surya namaskars taken properly and regularly will tone the system and restore normal tone to the nervous system and the patient is free from spermatorrhea. Medicines aimed at suppression of the flow of the

semen, without proper care for the restoration of the system to proper functioning is sure to bring in nervous break down and even insomnia or insanity.

Well regulated thermolume baths of 15 or 20 minutes duration, taken twice or thrice weekly will work wonders in a case of spermatorrhea. The glasses to be fitted in the thermolume are 1 yellow 2 green and 1 blue from the bottom to the top.

For the less fortunate, who cannot afford to buy a thermolume the following method may be followed.

Bring a clean transperant green bottle. Place it in the hot sun filled to  $\frac{1}{2}$  of it's body, tightly corked. Keep it in the sun for not less than 2 hours. Take 4

doses daily, of the so prepared water of  $\frac{1}{4}$  oz. each. Rub some water to the back of the head, 4 times daily of 5 minutes duration each time.

Empty the bladder before you retire. Whenever you have a sensation to pass urine, do not postpone

Lie down on your front, leaving the back and the various branches of the nervous system without any pressure. Tie a wooden piece to the back so that it will wake you up if you lie on your back.

If you follow the above prescription you will not only get over the spermatorrhea but you will restore your whole system to function properly. Agility, virility, vitality and enthusiasm reside in you.

The whole chapter applies to Leucorrhea in women.

## Need of Live Food Propaganda in India

### GANGA SAHAI

Doctor of Biotropy

Mr. Ganga Sahai, Doctor of Biotropy, otherwise called the science of live nutrition is now in America. His zeal in the welfare of our countrymen is immense Those that are fortunate enough to invest some money on a holy cause of our people's health may help him in his mission Those that are willing for more details may address him at 621 Aqua pure Drive, Los Angeles, California. [Editor]

I have seen the advertisement of Indian Naturopath in the Vegetarian, Fruitarian, Humanitarian of June, 1939 and I was glad to know that a slow torch is burning in India in the interest of Nature's method of living. While millions are snoring and sleeping in India in the frog pool consciousness of limitation and ignorance, thousands and thousands of people in America are advancing forward and forward to live a life accord-

ing to the plan of Mother Nature. Residential schools, correspondence courses, daily lectures, books and magazines circulated throughout the united States of America, education by advertising natural foods, vegetarian restaurants, Live food dining rooms for the public, health food stores, wholesale and retail both, radio talks on natural living, nature's doctors, and drugless physicians are swamping throughout the United States of

America defying the death rate and promoting longevity throughout the American nation.

I, being born in Allahabad, India, and a countryman of yours, living in America for the last 24 years and for two and half years in Japan, ask you a question what are you doing in India? Do you show any inclination to wake up and learn the most vital facts of nutrition which builds the human bodies and which keeps them in good health promoting longevity and a social service for your nation.

I have written many letters to my home folks who are all educated, but I am very sorry to say that I have not received a single word of admiration and encouragement for the kind of work I know in the line of Live nutrition. They don't seem to understand what I am talking about. Finally, when I found their brains like a stone wall I decided to stop hitting myself against it and I do not believe that I will ever write them any more.

When India had political trouble with the British on salt, some of my friends of Live Nutrition were laughing on the ignorance of the people of India. When they saw in the news reel in the motion picture theatres that the followers of Mahatma Gandhi were receiving sticks in their stomachs from the British police just in the name of salt, they asked me questions why in the name of salt, which is not needed by physical bodies, those Hindus are sticked by the British police? In those days American health lecturers were lecturing against salt, which is an inorganic element not required by the human bodies. But over in India the people were receiving sticks in their bellies because they wanted to eat salt. Here, today, in vegetarian restaurants the vegetable salt is served

instead of that sodium chloride (salt). Health food stores are selling vegetable salt.

You in India are too far backward following the same bygone old habit of cooking food with salt and sugar to clog up your arteries and losing your teeth. I have lost my teeth too but I am trying to save the rest of my teeth. India, which country gave the vegetarian idea and the natural food of the yogis to the whole world, is backward to-day and is left way behind. The western world learned from India and is going far ahead in the same line of thought.

I have spent quite a number of years in the study of Live nutrition and its practice within the limited possibilities of my financial capacities. I am trying to keep myself as good live fooder as much as I can, but once in a while I became a bad boy by using salt and sugar and cooking my food and when I eat it I ask a question to myself why did I cook it and eat it when I did not believe in cooked food. My answer is my environmental conditions which lead me wrong once in a while in a foreign country like America. Anything which I have learnt in America I cannot teach the same back to the Americans who will never have any confidence in me of knowing enough to teach the Americans. Americans will learn the Hindu philosophy from me which I learn it in India and which the American mind needs to learn from an Hindu. But anything which I learn from the American, he will not learn the same thing back from me. If an American learns the Hindu philosophy from India, people of India will not learn the same Hindu philosophy from that American who can never win the confidence of the people of India to teach the same philosophy back to them.

Under such conditions, in spite of having all the dietetic education, I am making my living very poorly by doing some peddling business in which I do not believe and I am not interested. I wish to come to India and open a Live Food dining room in a city like Bombay where the people are intellectual to understand my philosophy of Live Nutrition.

I am capable to run a Live Food Dining Room in India educating the public with my weekly lectures on Live Nutrition. I know many live food dishes, more tasty than the food which is cooked upon fire. I know how to make vegetable juices and their therapeutic value. I can give health advice in all cases of diseases, except surgical operations. I feel confidence to cure every sickness with the help of live food and commonly known exercises.

I am also an author of a mimeographic book "Diet and Health Advice."

Now I like to ask you a question. Can you put me in touch with some one who can show a sympathy and patriotism of India to finance my Live Food business proposition in India. I need money to come to India. Also I need money to buy different machines of making vegetable juices, of grinding vegetables and nuts, machines and utensils to make live food candies (sweetmeat or confectionaries). I need money to buy machines to dry fruits and vegetables which can be sold and eaten throughout India during the period of out of season.

You don't know a thing about the food values and about growing foods which are very essential to build up the body and keep the bodies in good health. You are just becoming a good

and well petted victims of the medical profession to swallow their pills. In America, a fight is in progress between the drugless and medical profession. Many pioneers in America, teaching a vegetarian and a natural life, were thrown into jails like the political prisoners of India by the different medical boards. Medical doctors, who used to stuff the brains of the ignorants with an idea that uncooked vegetables carry bugs and germs of disease and should not be eaten raw, are to-day brought down on their knees to accept the philosophy of Live Nutrition. Now, having learnt from the research work of the drugless profession, the medical profession, throughout the United States, is coming back to senses to advise the people to eat lots of uncooked vegetables to keep themselves in good health. Yet, the medical doctors haven't given up their medicine chests which they use for cattle head people only. However, a great fight is under way to force the monopoly of medical patronage upon the people, each time when Congress is in session. So far, the medical profession is always beaten back by the resisting influence of drugless profession.

In the begining, the vegetable juices and different fruit juices were not allowed to be sold on the streets by the medical boards. But to-day, the medical boards are giving full permission to sell juices on the streets, because, the drugless profession had to fight for it to kill the objections of medical boards for selling those juices. Now the vegetable and fruit juices are sold like milk on the streets and delivered in the offices and at homes day and night. Farmers are receiving training to grow good carrots and other vegetables on account of the interest growing among the people of drinking more and more juices of vegetables

and fruits for their health. Carrot juice, "oh, boy", is sweeter than milk and more health giving than the milk. Carrots grow very thick and large in this country which are rich in chlorophyll. I make carrot juice by the quarts for drink by shredding the carrots and squeezing the juice out of them. But for the commercial purpose there are machines to make gallons of juice out of the carrots. In India people don't know how the vegetable and fruit juices play a valuable part to maintain and to restore the health of mankind. Throughout the United States of America such juices are sold in 5 and 10 cents glass. People buy them in pints and quarts and bring them home.

Don't you feel like inspired to help your countryman to start the same kind of business in India, relieving the people from the medical kidnapping and educating them to live a life of health just by eating vegetables and fruits which Mother Nature had already grown on the soil before mankind appeared on the earth.

A person cannot have money and knowledge both and that is why the idea of co-operation steps in. You give me one thing and I give you another thing. Germans know this kind of exchange and are famous for making such deal. Can you use your efforts to put me in contact with some financier in India who is also interested in Live Nutrition and health and have this education spread throughout India as it is spreading throughout America

I am 53 years old and left India in 1912 after Coronation Durbar and since then I never went back to my country. To-day, having seen such a great interest of health growing in America and having been qualified to run and manage a Live food dining

room where the live food can be served to the people and where the people be educated through the lectures, I wish to come to India and start a centre from where the education of live nutrition be spread throughout India.

I saw an Hindu lady who came to America with a Swami to preach the gospel of Hindu philosophy to the Americans. A banquet was given to American followers at the Ashram of Swami. That Hindu lady knew all the Hindu philosophy for the salvation of the soul but she possessed no knowledge of food which can please the stomach to keep her followers in good health. So, she cooked lettuce with a "tarkari". Lettuce is never cooked in America. Lettuce has crispy, oily, and tasty leaves which are eaten in this country uncooked on account of good mineral value they possess. When I asked that Hindu lady why did she cook lettuce, the answer she gave, "oh, raw vegetables will give the people stomach ache". An American, standing by my side, laughed and said, that lettuce is never cooked because it is rich in vitamin and mineral value. Such class of people are numbered by the millions in India, who need to learn the kind of food they should eat. They are eating for centuries and centuries the same food to please their conventional and traditional habits and customs, forgetting the most vital facts of food which can please the stomach as well as the sense of taste. Medical science is promoting such ignorance more and more with all the intellectual and scientific bluff so that they can sell more medicines and capitalize themselves at the expense of their ignorant clients.

I met an American in this city of Los Angeles who was in India for quite a number of years selling a medicine

for goiter. He said, he used to make 25 thousand rupees a year in India by selling that medicine. Now in America he said, he can't make even two thousand dollars a year. I told him at his face that India is a good field for the medicine man to become rich at the expense of the ignorance of the people of India. I said to him that Americans are becoming very intellectual to discard the use of medicines and keep themselves in good health just depending on food and exercise. That is why, I said to him that he can't make so much money in America what he was making in India.

Do you want to be such a patriot to let the ignorance spread in India as it has been for centuries or do you want to help me to establish a center to destroy that ignorance? I can boast your Naturopath magazine if you help me for putting me in business. I am unmarried and I am not after money and I am not going to take all the money with me when I die. I just want to spread this education of Live Nutrition throughout India by serving the tasty live food dishes in the Live Food Dining Room of Bombay. That will be an only one restaurant of its kind throughout India drawing the curiosity of the people of the entire country. Teachers in live food can be trained who can open the same kind of restaurant in different parts of India. I seek no monopoly. A wide-spread interest in live nutrition will begin to grow throughout India, and then, perhaps, medicine men will be selling apples on the streets of India instead of selling medicines.

If you think I, being a son of India, deserve to give this kind of service to the people of my country then, please put me in contact with some party who can finance this Live Food business in India. That will not be my

business. I will just be the worker to prepare and serve live foods, to give lectures every week, to prepare literatures for distribution, and to give advice to the sick people who patronize the Live Food Dining room. But I do not want any financier like a jew who can squeeze the whole juice out of me to capitalize himself. I need one or two days rest every week and need at least two weeks vacation every year. I wish to work like an American and not like a slave of India. If you can put me in contact with some party who can finance, I suggest that person make a trip to America as a tourist and then see by himself how the interest in health is growing in this country and in this way he will know what machines and what equipment to buy and take it to India.

I have lots of books and magazines on health which I wish to bring to India for my lectures. That is an expensive item of shipping freight. I have two more courses of Health profession to be finished, not all, but just a part of them and I need money for that purpose.

Now, at present, I am attending a night school to learn First Aid under the instruction of American Red Cross. This is all free, taught, at the State expense of America. I am just taking a Standard course (elementary), then after finishing this I am going to take advance course of First Aid, and, then, after finishing that I am going to take the instructor's course in First Aid and then I will be through. I don't need any money for that as these courses are given free to the general public to take care of themselves or to help others at the time of injury and accidents until the doctor comes. In India also this kind of course is recently, (last year,) introduced by some Indian under the name of "Safety Course"

## THE INDIAN NATUROPATH

and an organization is formed in India under the name of Safety First Association of India. I have written a letter to the publisher of Bombay Chronicle, Bombay, to find out the address of that Association and put me in touch with them. I can get a job in India as a teacher teaching Safety or First Aid course. I am taking interest in learning that First Aid course and I am going to finish all these three courses. Each course extends for seven weeks, but I am taking it over and over again as I have no time to study at home. This is my 2nd time, but I am going to take it two times more.

On account of being an Oriental we cannot get any clean and decent job in America, no matter how much we know. Yet I cannot follow the exception, because one Indian by the name of Gobind Behari Lal is an editor of science column of a newspaper. For this reason, I am making my living by selling Ice Cream with a push cart on the streets of Los Angeles. I don't have enough patronage, because I am neither white, nor a negro nor Mexican. These three classes of people are living in this country. So, I just depend on the pick-up sale from here and there on the streets. For that reason I do not make much money and now when I have to go to night school, it is very hard struggle for me to keep up both. However, I am doing the best I can. Can you put me in contact with that *Safety First Association of India*?

Please let me have the full address of that association if you know.

I had a steady job in photographic business making 100 dollars a month and during my spare time in the nights I used to go to night schools to learn dietetics. But when the economical

millions of Americans were thrown out of jobs I was let out also in 1932 after Christmas. Since then I never got back any job as only the American citizens were to be hired if there was a job vacant. So, since 1933 I am selling Ice Cream on the streets. I used to give lectures here and there on dietetics when I had that photographic job. At that time I had this stationery printed. But when I started to sell ice cream all that lecturing was dropped because I was awfully hard up to make my living. American Government took a good care of millions of unemployed by giving them relief work and cash money as well as food and clothing to all. But as I was not an American citizen so I did not try for such kind of relief.

I can teach dietetics, I can teach physiotherapy, I can run a Live Food Dining Room and manage it, and pretty soon I will be qualified to teach First Aid. I cannot teach these things in America on account of race discrimination, but I can teach the same in India.

If you can help me out in making myself useful to the people of my country by putting me in contact with some one who is able to give me his financial aid; you will not be doing favor on me but you will be doing favor to your motherland India, where millions of people will begin learning what to eat to keep themselves free from all diseases which are crowding over the people with such a fame and notoriety that the whole world is afraid from the people of India who are considered to be full of bugs and disease germs.

Now I wish to ask you again as your countryman, can you take an action to comply with my request? The money which will be loaned to me

# Nature Cure is Absolutely necessary to the world

Mr. S. B. COTE

I would like, in a few lines, to narrate how it came about that I and my family embraced Nature Cure, and if you think my story would benefit any of your readers you may publish it.

From early childhood I was delicate and sickly. Sores, boils, coughs, colds, Eczema and what not, each took its toll from my meagre frame. Knowing little or nothing of Dietetics and Nature-Cure, the usual denatured foodstuff and the popular medicine-men were depended upon for cures. And thus days went on, and by 1930 I had a family consisting of a wife and four children.

My wife had come from a family whose watchword was Eat. Yes, eat, eat and eat. It was not worth living, except to eat. Needless to say that my children, though fussed over and petted to the limit, were by no means healthy. Like most all children each had its turn of tonsilitis, whooping cough, measles etc, etc. Family doctors peeped in and each had their say and their coffers added to, of course.

depression began to set in and when will be all paid up gradually in monthly payments.

I want a copy of your Naturopathic magazine which I may subscribe later on. Will you please send me one?

I am also very much interested in the care of lower animals. I have read in the book of an American author Ralph Waldo Trine that in far off

In the early part of 1934 I was stricken with dull pains in the stomach and X-Ray revealed that I had "a large duodenal ulcer" as the surgeon put it. For one month and twenty eight days I was an in patient of the leading hospital in this country, being discharged as cured at the end of that time. After six months the symptoms reappeared and, on the advice of a friend, I went through a course of Larostidine injections, 24 in all, recommended as the latest and most thorough cure for such cases. Relief for a time and then the same feelings all over again. I then started swallowing Japanese drugs, which because of the almost immediate relief afforded, I thought would soon cure me. This was followed by a second stay in the hospital and a second course of the Larostidine injections. Nothing doing! Instead of being cured my health declined. Sinking feelings set in and headsplitting attacks of neuralgia occurred daily. After a day's work I would sink into a swoon and remain so for about 30 mts or more.

On the advice of a superior officer, I started on what is called the Hay Diet-

Bombay there is the largest and the most elaborate hospital in the world for the animals. That hospital was founded by a Parsee and is known as Bai Sakarbai Dinshaw Petit Hospital for animals. That hospital, the author says, is kept on donation from the Hindus. As I am very much interested in that kind of work and I like to know if you can please give me the full address of that hospital so that I can have correspondence with them.

## THE INDIAN NATUROPATH

not I alone, but my family also. I was first given Dr. Hay's book to read, a book entitled Health via Food. Nothing but common sense arguments appeared to me to be contained in that book, and what struck me most was that the author, though an M. D. of New York, was attacking the medical profession with all the venom that he had in him. Yes, he was a surgeon for several years, having ignorantly butchered thousands; but now he had his eyes opened and handled no other cure than Nature-Cure.

The Hay diet combined with short fasts soon rid me of my duodenal ulcer and I regained health to a great extent. Here am I at the age of 44, feeling happy and strong and with the certainty that every day sees me a step to the better! As regards my children, they are now a happy, cheery, bouncing bunch of four. The youngest, a son of ten years, whom the doctors declared would have to forfeit his tonsils if he would save his life, enjoys a fine share of health now, and with the satisfaction that the tonsils which the Creator placed in his throat for a purpose are still there to perform the share of work apportioned them by Him who knows.

We started on the diet in May 1937 and since then have cut out everything that has to do with medicine and doctors. This statement brings to mind Dr. Sarma Lakshman's words 'whoever takes to

Nature-Cure must no more follow unnatural methods, whatever may be the condition; he must not take the drugs of unnatural systems, not approach the givers of such drugs.

Where formerly I shuddered at the thought of residing where doctors could not readily be had in cases of emergency, I now find relief and consolation in such a thought knowing that the further away we are from drugs and druggists, the nearer we are to Nature, Health and God.

Since then I have made it a duty to study well, books on Natural Therapeutics and have covered a fairly wide field of such literature inclusive of a Nature Course from America. My wife and children now know what it is to be healthy; they know what is necessary in cases of acute disease, and above all they know, as Dr. Lakshman says, Freedom is the most precious wealth.

I and my family now stand as ardent advocates to the cause of mother Nature, and if it will, at all, be helpful to your readers I am prepared, in further articles, to describe as well as I can, how such cases as Catarrh, Pleurisy and Malaria (which I now know are nothing more nor less than nature's healing crises, named differently by medical men) were easily, safely and most satisfactorily cured at home by natural therapeutics, much to the astonishment of medical friends.

## NEWS AND NOTES

In recognition of his great work in the field of Naturopathy the National Association of Naturopathic Herbalists of America has elected Dr. L. Kameswara Sarma of Pudukotah a FELLOW and has forwarded to him a Diploma to this effect.

The National Association of Naturopathic Herbalists of America strives to create a greater interest in the use of non-poisonous herbs, seeds, barks, roots, flowers, etc. in the practice of drugless healing and promote the study and research in Phyto-therapy.

Members in the N. A. N. H. may be

found in all important countries of the World and Naturopathic Physicians of India may apply for membership. They must have the N. D. degree and must be members of the Indian Naturopathic Association and recommended for membership by that association. Annual dues are not collected at this time, only a Registration and Diploma Fee of \$ 5 00 (five dollars) must be sent in with their application. Application for membership must contain full information as to qualifications and must be sent to the Association at 2270 Colorado Blvd., Los Angeles, California.

# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

**The Indian Naturopathic Association,**

**BEZWADA [S. India].**

In particular,

[a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

**Do you Want to be a MEMBER**

Annual Subscription Rs. 3 only.  
Members will get copies of

INDIAN NATUROPATH FREE.

PRICE Rs. 20

JUST PUBLISHED

POSTAGE EXTRA

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce

that the printing of the above book

is now complete, and the bound books

will be sent to the Subscribers of the

same shortly

*The pre-publication price of Rs. 10 is now withdrawn.*

**Contents—**

Part I	Philosophy of Chromopathy and apparatus.
Part II	Sexualogy and Sociology.
Part III	Psychology and Mental Healing.
Part IV	Nervous system and Insanity.
Part V	Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth.

*For detailed prospectus  
apply to:—*

**The Chromopathic Institute,  
Andhra Grandhalaya Press Buildings, BEZWADA**

Printed & Published by Dr. P. Venkatramayya, N. D. D. M., Genl. Secry. I. N. A.  
at the A. G. Press, Bezwada.

ANNUAL SUBSCRIPTION RS. 1-8-0.

Digitized by Arya Samaj Foundation Chennai and eGangotri

YEDAMONI 9.8.2-80

# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

*Editor:* Dr. P. VÉNKATRAMAYYA, N. D., D. M.

## CONTENTS

	Page
The Natural Food of Man ....	63
Reflections on the late Dr. Muthu ....	65
A Team Game suited to our country ....	66
The problems of the Sexual Life ....	68



Digitized by Arya Samaj Foundation Chennai and eGangotri

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine  
Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for  
the Indian Naturopathic Association  
Inland Rs. 3—0—0 foreign Sh. 6, \$ 2  
Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie ?
- What is the principle of Temperamental harmony between man and woman ?
- How can you contribute to the building up of a superior human race ?
- What temperamental couple can lead a perfect happy life
- How can you modify the temperamental influences of wrongly united couple ?
- What are the three fundamental methods of human up building ?
- How can you remedy sexual waste ?
- How can you control the sex of your offspring ?

Price Re. 1 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings :: BEZWADA.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$. 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — June, 1940

No. 6

## COSMO-THERAPY:

## THE NATURAL FOOD OF MAN

BY

Prof. Edmond Szekely

If Man, who is a fruitarian and to some extent a vegetarian, finds himself in such circumstances that for many weeks he cannot have fruits and vegetables but only meat, then it is preferable for him to eat meat for some weeks and afterwards to return to his natural life rather than die of hunger. The imperative law of adaptation can sometimes compel us momentarily to adopt an unnatural life and an artificial one, but this must only be an exception and never become the rule. Permanent maladaptation leads to the disappearance of the individual or of the race. Before the cataclysm in human affairs known as "The Flood", Man was by almost common consent a fruitarian, like his fellow primate the monkey today. But it is sometimes argued that by now man has completely adopted his organism to the practice of meat-eating which, owing to the destruction of the vegetation, he was forced to adopt when the flood subsided and when he began to migrate from Central Asia to every quarter of the globe. The last few thousand years of carnivorism have not led to any practical structural change in the human organism. They have not altered our stomach, intestines or teeth etc. for such radical changes require hundreds and hundreds and thousands of years. The human species as such, has not been transformed by the carnivorism of the last few

thousand years. Carnivorism is a natural form of existence for the species which we call savage carnivorous animals, like the lion, tiger, leopard or eagle. For these animals meat-eating is natural for their structural organism is designed for it. Speaking biologically these wild carnivorous animals require for the digestion of meat specially strong glandular secretions which can only be produced by their intense excitement at the moment of the kill. The strong tension of the nerves and excitation of the glands provokes the necessary secretions to make possible the chemical assimilation of the meat. But in the glands of fruitarian or vegetarian animals like man, we do not find this glandular function at all. On the contrary, excitation of the nerves of man leads to bad digestion, so there is a great difference between the vegetarian and the carnivorous organism. It may be asked why wild animals exist in nature. It seems to be contrary to the laws of nature, but it is not so. These savage carnivores play a selective part in the economy of nature; they destroy one another in their internecine struggles. Nature continually experiments in her immense laboratory constantly creating new races and species. But those new races which cannot adapt themselves to the natural forces and laws are destroyed by nature. Her method is to let them destroy themselves,

The savage carnivorous animals destroy each other; they are in process of disappearance. Their numbers are steadily decreasing, and the time will come when there are no wild carnivorous animals left. The existence of wild carnivorous animals is not something contrary to the laws of nature, for carnivorism corresponds to all their organisms. If we give only fruit to a tiger to eat he will die for his organism demands meat. Meat is the natural food of the carnivorous animal, for its glands, stomach etc, are specially designed to consume meat, just as the organisms of the vegetarian animals are expressly designed to consume vegetarian foods. For instance, if you give only meat to a monkey accustomed to eating the nuts of the forest, first he will refuse it, but later though of hunger, it will eat it, after a certain time it will get ill and die. The same happens when we give fruit to tigers. We must be careful of the word "Nature". We must always make it clear if we are speaking of the nature of a tiger, or of a monkey, or of a man. Those who have studied the lives of the Simian species in the Zoological Gardens have observed that when cooked foods are given to Monkeys instead of natural foods, they generally become ill and die within one or two years. It is a known fact among zoologists that the same monkeys eating their natural foods could live for many, many years. Let us consider for a little the different stages of evolution of life upon the planet. Carnivorism represents inferiority, while vegetarians and fruitarians represent superiority, the higher degree of evolution. We can see that the most chaotic geological periods were characterized by the largest number of carnivorous animals. These monstrous carnivorous races are always inferior from the point of view of intelligence, we can prove it indubitably with facts. We know that the most intelligent animals are the vegetarian and not the carnivorous animals. For instance we know the intelligence of horses and so on. Nor do we speak simply from the point of view of their intelligence, but also from the point of view of their moral superiority. We can see that the superior species of the mammals, the Simians, is very much different from the savage

carnivorous beast in that respect. The reader may have noticed that if a horse runs in a field or on the road and a small child is in its path the horse always avoids and jumps over it and does not kill it. There is something superior in the mammal and vegetarian animals which is a manifestation of altruism and love. These animals are not cruel animals. But if we examine the savage carnivorous animals then we can observe that they like to destroy, that they kill not only for food, for life but very often without cause, simply art for arts' sake. From the point of view of moral superiority as well as from that of intelligence the vegetarian and fruitarian animals represent a higher phase of evolution. This is *apropos* of the question what foods have the necessary qualities for superior psychological capacities, whether it is meat or vegetables and fruits. On the basis of the preceding argument we can see that the appearance of human intelligence and of the most superior capacities of the nervous system coincides with the period when the dominant race was fruitarian. If we wish to compare the different grades of intelligence among animals and the different grades of foods which they consume then we can establish the following scale. In the lowest phase we have carnivorous beasts with the lowest order of intelligence. Next come herbivorous animals with a little higher intelligence while last we have the highest phase of that evolution which is the fruitarian Simian species possessing the highest degree of animal intelligence. There is thus a correlation between foods, intelligence and morality. There is also a mutual interdependence between foods and character. We can all see that the intention of natural evolution favours the vegetarian species and hinders the carnivorous species. According to statistics and natural history the savage carnivorous species are in progressive disappearance, which is not the case with the vegetarian species. Above the monkey in intelligence comes Man, and for him a fourth, the natural food is fruits and nuts, but owing to his past ancestry he needs also vegetables and grains, and also the fresh dairy produce of cows, bees and hens. On these simple foods, he can live long and well, free from the scourge of disease,

## REFLECTIONS ON THE LATE DR. MUTHU

BY

K Lakshman, Pudukotah

The world is the poorer today for the loss of one of her faithful fighters for the truth, namely Dr. David C. Muthu, the well known expert on tuberculosis. He returned to this country after the outbreak of the war, and died on the seventh of May at Bangalore, after a short illness.

Dr. Muthu was not orthodox in his views and methods. He had ceased to be so, many decades before his death. His experience and experiments in the treatment of the tuberculosis in his sanitorium near the Mendip Hills in England had led him far, far away from orthodoxy...which means that he became substantially a Nature-Curist.

Among the discoveries that he made, the following are worthy of special mention.

He discovered that disease in general is caused, not by such a trivial and absurd cause as infection, but by dietetic, sanitary and economic causes operating through generations of civilised living, and that both prevention and cure are possible only by curative diet and other hygienic measures. This is the same as our teaching.

He also came to the conclusion that the bacillus or germ of tuberculosis is not the cause, but the effect, of an advanced stage of disease.

He also condemned the panicky attitude of the doctors and their chelas, due to 'fear-of infection,' and resulting in much inhumanity to patients.

The doctor has been advocating these radical views from within the profession, hoping to win his brethren to his side by 'sweet reasonableness.' But he failed, and of course his later life was grievously embittered by this sense of undeserved failure.

It is a pity that he did not get disillusioned in time, to strike out a new method of fighting. He ought to have done what was done by Dr. Sir William Arbutnott Lane, Dr. Beddoe Bayly and others. He must have turned his back on the profession, and appealed directly to the people, who are being exploited by men who are as stupid as they are obstinate.

That the medical profession is keen on preserving to itself all possible patronage, and on preventing any part of it from falling to the lot of those that are regarded by it as its enemies, is shown by a bit of news that I am able to reveal! An important Indian State had gone far towards engaging the services of Dr. Muthu for anti-tuberculosis work in its own dominion; this came to be known to an orthodox allopath, practising the condemned methods in a well financed Indian sanitorium; he interfered and frightened the State authorities into cancelling the arrangements; he told them that Dr. Muthu was not orthodox and so ought not to be employed.

Doctors naturally hate those that lower their prestige, even deservedly; for doctors are men, and they are in power.

But laymen who are free and intelligent can value aright the work of heterodox members of the profession. Among the many testimonials that Dr. Muthu had earned, there was a very excellent one by Lord Erskine, in which he expressed the hope that the Government of India would utilise his services.

Dr. Muthu has been wise enough to record his discoveries in an exhaustive treatise on Pulmonary Tuberculosis, in which he has discussed all the conflicting theories and set forth all the available evidence. A perusal of the book would

(Continued. on page 70)

## A TEAM GAME SUITED TO OUR COUNTRY

## SOME FACTS ABOUT 'CHEDUGUDU' OR 'KABBADI'

BY  
C. C. Abraham

It seems so strange that very many of our indigenous games and exercises have in common the element of holding the breath. To the curiously minded, the question crops up, "Is it all mere chance or did those who started these exercises and games have the necessary knowledge of the physiology underlying them?"

There is considerable difference of opinion among doctors in America regarding breathing exercises. Dr. G. S. Hall states that deep breathing, however caused, no doubt acts against auto-intoxication, gives increased power to resist disease, is the root of endurance under effort and is of great and hitherto unsuspected importance in determining the level or intensity of life, one of the chief variables with which the rate and completeness of normal oxidation of the blood is correlated. Dr. Jessie William disagrees completely with Dr. Hall and holds the view that breathing exercises in the home or following a period of gymnastics are unscientific and not physiologic for various reasons. Oxygen cannot be stored up in the body and the passage of oxygen from the air chamber of the lungs to the blood and thence to the tissue is dependent upon the need of the body cells for oxygen. While at rest the body needs only a limited supply of oxygen, and any effort to take in more oxygen regardless of the needs of the body by deep breathing exercises, is unsound and irrational.

Viewed in the light of our present knowledge of physiology of exercise, it is quite possible that some of our breathing exercises may have great therapeutic values. This is a field rich enough for research by our doctors and physiologists. The values of such exercises have to be established on a scientific basis before they can be accepted and recommended for use. There is no doubt, however, that some

breathing exercises have a definite place in certain corrective and remedial procedures to improve postural defects of the chest and abdomen.

## The Game

Among our breath-holding games, "Chedugudu" or "Kabbadi" deserves special attention. "Chedugudu" is one of the most vigorous, active, manly games because it involves the elements of combat and tackling an opponent or opponents. It is played on a small area 33 ft. by 21 ft. divided into two equal halves by a middle line, with seven or more players on a side, for periods of time suitable for various age groups.

The game starts by one team sending out a "raider" into the opponents' territory with a "cant", viz., the repeated sounding aloud of one or more approved syllables within the course of one respiration. The raider attempts to touch one or as many of his opponents as possible, by quickly moving about in the enemies' territory with always the danger of being tackled and stopped by one or several opponents before he could get home.

The use of the "cant" by which the breath is held is a feature of this game and needs a little explanation physiologically. Ordinarily when we run or exercise, we feel great respiratory and cardiac distress and we pant for breath.

In "Chedugudu", the "raider" goes to raid his opponents with the breath held. There is considerable physical work done during such a raid. It would seem most unphysiological to do major bodily movement of running, dodging, and tackling, with the breath held. Even when at rest the body requires from 200 to 250 c. c. of oxygen each minute, while in vigorous

exertion this need may be increased from ten to twenty times.

The question that arises is, can the human engine perform work without oxygen? Yes, man has the ability to acquire an oxygen debt and in this respect he is superior to a man-made machine. The motor car engine for example cannot go into debt for oxygen, while the human machine is able to contract a large debt. The automobile as it runs must pay with oxygen for the energy it releases while a good "Chedugudu" player may carry on a vigorous raid for several seconds, tackle several opponents and still come home. During such physical exertion, he breaks most of his muscle food like muscle phosphagen and glycogen and after this he may spend several minutes getting enough oxygen to provide, by burning fuel the energy needed to re-synthesise the constituents destroyed in his muscles. Incidentally he thus recharges his muscles for another raid. The game of "Chedugudu" thereby increases one's capacity to go into greater and greater amount of oxygen-debt, and diminishes gradually the time for recovering from fatigue. In other words this game builds up endurance.

#### Endurance,

Endurance means the ability to do major bodily movements for a long time. It requires muscles of fair strength, easily stimulated to action, and a large amount of reserve power in the nervous system. It also requires an efficient condition of the heart, lungs, blood vessels, and sweat glands. This efficiency of all the vital organs helps to bring about the necessary oxidation of the waste products of the muscle tissue.

Besides these physical and physiological benefits, "Chedugudu" is definitely a game which stimulates mental growth. The human organism is to-day regarded as a unit, and anything that contributes to its physical well being tends to enhance its psychological well-being. This view is quite universally supported in the field of psychology and education. One of the chief means of mental health is an abun-

dance of vigorous play. Play aids bodily health, and bodily health is a factor contributing to mental health. "Chedugudu" is one of those very active, vigorous games which will provide plenty of exercise and fun.

The game is full of charging situations. Ability to adjust to the changing situations of a game has great carry-over values. There is no doubt that under proper leadership it could enrich and broaden one's personality and develop an adjustive mechanism for meeting several situations. Since a large part of mental hygiene consists of helping the person to adjust himself to the realities of his life, activity like "Chedugudu" is of inestimable benefit.

#### Development of Character

Like all other team games, it helps development of character. The value of games in the promotion of character has long been recognised by foremost educationists. In ancient times, Plato, Aristotle and Quintilian expressed their convictions on this aspect of games. In more recent times, Locke, Basedow, Guts Muths and others credited games with possessing moral potentiality. In 1840, Arnold, the English Headmaster at Rugby, deliberately introduced play and athletics with special emphasis upon team games.

"Chedugudu" is one of our very popular team games. It is played all over the country, in villages, towns and cities. It is a game quite suited to our country. It costs very little to lay out a proper "Chedugudu" court. It is a game which suits our temperament because of the elements of tackling and breaking from an opponent which factor may have been taken from the art of wrestling. It is enjoyed by every normal boy and adult. It develops endurance, agility and quick thinking, and under proper leadership, the game has great potentialities for developing character, because there is no much of give and take in it. It has several features in common with the English Rugby and the American Football. It is no wonder that like these games of the West, it is only the robust, strong and healthy that can really enjoy a game of "Chedugudu."

# THE PROBLEMS OF THE SEXUAL LIFE

Its Medical, Psychological, and Sociological Aspects

BY Prof. Edmond Székely

The sexual problem is one of the gravest in human life for the following reasons :—

1 It arises at the most important period in youth, in the age of adolescence.

2 The activity of the glands, particularly those of sex, has an extraordinary influence on the human organism.

3 It is the problem which has been least solved in our present social system.

4 It is the problem spoken of least and to which the least attention is paid, but which is most often in people's thoughts.

We owe the present situation with regard to sex to two main causes; ignorance and hypocrisy. It is our highest moral duty to combat these two enemies at all times and in all places. The subject must be dealt with frankly and even crudely, even at the risk of shocking dogmatic minds.

The problem begins to assume importance in the age of adolescence. When the sexual glands which belong to the category of glands of internal secretion (endocrine glands) begin to be active, the quality of the blood in the organism is changed and in consequence cellular and nervous activity is also modified. This modification leads to the appearance of the masculine and feminine characteristics of the organism. The appearance of these qualities causes great changes in the child's organism and consciousness. The child, however, remains absolutely alone and without any understanding or help in the midst of all these problems. Neither parents, teachers nor doctors help the child to resolve and understand them. At school children acquire a lot of useless abstract knowledge, but are left in total darkness regarding what passes in their own organisms. Two tendencies

present themselves in the child. (1) the tendency to satisfy its instinctive sexual need. (2) the tendency to explore this unknown field in life - the instinct of curiosity. As no competent person gives the child the requisite knowledge, he is forced to get it from friends as ignorant as himself or from pornographic books and pamphlets.

## Sexual Symptoms in Boys and Girls.

It is convenient to deal separately with the symptoms appearing in the two sexes.

1 Boys. A certain number of boys, a minority begin to visit prostitutes. The majority begin to masturbate, to practise self-abuse. We must examine these two manifestations a little, in view of their neglect through ignorance and hypocrisy.

Generally speaking, children are led to believe, both from what they are told and even more from what they read in books, that there is something terribly dangerous in the practice of masturbation. The result is that young people always make up their minds to give up abusing themselves, but also fall back into the habit. This causes psychological, moral scruples which do far more harm than the masturbation itself. From a physiological and medical point of view, no illness can spring from self-abuse. The only disadvantage is a certain fatigue. This is also produced by natural and normal coitus. The fatigue caused by masturbation is rather greater than that experienced after coitus, because the fantasy has more work to do than in normal coitus. In the latter, the preponderating influence belongs to the experience of the organs, of the senses, while in masturbation fantasy has the greatest role and replaces sensation in the organs. So it is a very great error to suppose that masturbation leads to very serious illnesses. The real danger lies in the fear instilled into young people through exagger-

ration of the dangerous consequences of masturbation. I have found very serious nervous diseases due simply to any unwarranted fear and to constant moral scruples - the result of hearing an exaggerated account of the imaginary results of self-abuse.

The other factor, that of prostitution - is the most dangerous. First of all, there is a great series of sexual diseases which are spread among 80% of young people of both sexes and the most serious consequence of ignorance is that young people cannot protect themselves against disease. Secondly, their first experience of sexual life is reduced to an exclusively automatic and mechanical sexual contact.

#### Physiological and psychological factors

It is a fundamental physiological and psychological law that sexual satisfaction can only exist if it is both physical and psychical. If one or other of these two factors is missing, there is always a state of disequilibrium owing to the non-satisfaction of the other. Thirdly, an additional factor which makes matters worse is that all this goes on secretly and young people are consequently in constant fear of medical repercussions or of discovery of their sexual life. In addition, they conceal their sexual diseases which spread very widely.

(2) Girls. As far as girls are concerned, everything said about masturbation in boys holds good with them too.

But prostitution is replaced, in a certain minority, with secret sexual relations. The majority, however, do not go beyond masturbation. Masturbation has far more serious consequences for the female organism. In the male organism the centre of sexual sensibility always remains the same whether in masturbation or in normal coitus. But in the female organism the centre of sensibility varies. In masturbation it is the clitoris, while during natural coitus it is the more internal erogenous zones of the vagina. The result of this is that one centre of sexual sensibility develops to the detriment of another. In consequence, I have found in my medical

practice, for instance, a great number of young women who have not found satisfaction in normal coitus, simply because of one-sided development of one centre of sexual sensibility through masturbation.

There is another factor as well. A very small minority who have the courage, instead of masturbating, to continue secret sexual relation, are in constant pathological fear of conception and pregnancy. They are also in permanent nervous tension through effort to conceal all sexual symptoms from the people round them. This makes matters worse

So young people of both sexes do enormous harm during their years of adolescence to their nervous systems and sexual organs. And both sexes embark on marriage already handicapped physically and psychologically. As a result sexual disequilibrium continues even after marriage.

#### The Period before Marriage

Something must be said of the period preceding marriage. A great problem of adolescence arises at this stage. It is whether it is reasonable to begin sexual life when physiological sexual maturity is reached. The answer of physiology is direct and categorical. It is 'No.' The reason is that it is a physiological law that all our organs appear long before we are intended to use them. For instance, we have feet long before we can walk and eyes before we begin to see. Similarly our sexual organs are developed before we should begin to use them. Their employment is only indicated when we reach the psychological maturity enabling them to be used. Till then there is an apprenticeship to serve.

Therefore, from a concrete standpoint of sexual life, we become ripe for such life, not when our sexual organs reach physical maturity, but when we have attained conscious psychological maturity and a conscious feeling of sexual responsibility.

forbid premature sexual life out of sheer hypocrisy, while we appeal to a higher tribunal, to the inner consciousness and recognise no other authority than this inner consciousness full of responsibility.

This state of psychological maturity differs with every individual, and so does physiological maturity. Equilibrium in sexual life is therefore an absolutely individual and personal question which must be left absolutely free and belongs to the inner consciousness of each individual.

From a practical point of view the following question now arises.— What must adolescents of both sexes do between the two maturities — physiological and psychological?

Instead of leaving them to themselves without any help in the solution of their problem, we should make them understand the physiological and psychological processes going on in their organisms and should explain to them that the best solution is to abstain from sexual life until they attain psychological maturity. Thirdly, and most important, we should give them all the knowledge requisite for the hygiene of a chaste life. In this way they will very easily be able to avoid all the drawbacks in every form — natural and unnatural — of premature sexual life until they reach psychological maturity. Otherwise, as we know from experience, they fall into the habits of masturbation or frequenting prostitutes and contract venereal diseases and a series of nervous diseases accompanying all these factors. In view of all this, abstinence is the least bad solution among all these other possibilities.

### Psychological Maturity

Naturally everything is changed with the appearance of psychological maturity and sexual responsibility. Sexual life is then an elementary and natural right of youth without consideration of chronological age and it is only the ignorance and hypocrisy which exist to-day that wish to deprive youth of this natural manifestation of life.

This leads to another very important problem — the problem of giving the opportunity and possibility of acquiring psychological maturity at the time of reaching physiological maturity, in other words preparing the adolescent and accelerating the appearance of the former. How is this to be done?

Psychological maturity and sexual responsibility can be acquired exclusively by co-education of the two sexes, by daily life in common, so that young people may know one another in every aspect of life. Psychological maturity can be developed only under the influence of the realities of both sexes through life in common which makes possible the knowledge of the opposite sex, not only as another sex, but completely as human beings who have the same work to perform, the same ends, the same pleasures and the same daily occupations. Complete knowledge of every aspect of life of both the sexes is alone capable of developing psychological maturity for sexual life.

Freud, Adler, Marx

For the diagnosis of the symptoms of

(Continued from page 65)

lead the reader to the conclusion, that the average medical man would be wiser, if he were allowed to read all the available medical books impartially, and if he dared to think and decide for himself; but some deadly perversity of mind, as well as adverse circumstances, prevent his doing that. Medical books are extant, written by authoritative writers, which give facts enough to show that medical orthodoxy is

grievously at fault. But the medical schools are dominated by the most obstinately orthodox of the profession, and they take good care that such books are not prescribed for study. Thus it happens that the most trusted profession in the world is the least worthy of truth; the profession does not worship at the shrine of Truth.

disequilibrium in sexual life, we have two well-known methods: the **Freudian** and the **Adlerian**. According to Freud, almost every nervous disease comes from suppressed sensuality which is later transformed into pathological nervous reflexes. According to Adler, it is a feeling of inferiority in life, particularly in sexual life, that produces all nervous symptoms and diseases. As a means of diagnosis they have very great value, because with a scientific objectivity and with a frankness which deserves our appreciation, they combat very energetically the ignorance and hypocrisy which are generally dominant in the sphere of sexual life. They show us with the force of scientific evidence that the nervous person is the product of the present chaotic social system. They therefore are of great value from a diagnostic point of view, but from a therapeutic point of view, from the point of view of finding a solution of the problem, they are insufficient.

### Solution through Dialectics

The practical solution is realisable exclusively through dialectics. From a diagnostic point of view there are no contradictions between Freudism, Adlerism and Marxism. But from the point of view of finding a practical solution of the problem, there is the difference that only Marxism is efficacious. This is so because it is necessary to take realities into account physiological, psychological and social realities - and it is only the entirety of these factors which is capable of giving us the solution. So as opposed to the one-sidedness of Freudism and Adlerism, dialectics provides us with a complete and concrete solution on the basis of complete and concrete analysis. From this follows the question of what is to be done when psychological maturity and sexual responsibility are already acquired.

The answer is that we must then teach all the requisite knowledge and practice of the hygiene of sexual life.

We will now begin the study of the symptoms of sexual life as they appear within the framework of marriage. Accord-

ing to medical and psychological experience, the vast majority—some 80%—of marriages are unbalanced and inharmonious from the point of view of sexual life.

### What are the reasons for this?

- (1) **The nervous system**, injured and partly destroyed by bad practices in sexual life before marriage.
- (2) **Sexual diseases** acquired before marriage.
- (3) **Habits** acquired before marriage, which are only altered slowly and with great difficulty.
- (4) **The state of consciousness** due to the person's sexual past before marriage.
- (5) **Ignorance and lack of knowledge**, of the most important problems of sexual life.
- (6) **Hypocrisy and lack of frankness** between the two sexes.
- (7) **Incapacity** of analysing psychologically oneself and one's partner.

We see, then, that in the majority of cases the two sexes, enter into marriage heavily handicapped by a series of important factors. The consequence is that each says that the other is the cause of sexual disequilibrium, instead of seeing that neither party is to blame, as both are the victims of our present chaotic social system and particularly the victims of ignorance and hypocrisy.

Because of their incapacity for conscious analysis they look for other motives: they think that they will perhaps find outside the full satisfaction which they lack in marriage. This makes matters still worse and also aggravates the state of consciousness of the married couple. Such are the chief factors arising *before* marriage which lead to disequilibrium in marriage. We must now turn to those arising after marriage.

### Causes of Disequilibrium arising after Marriage.

- (1) The first possible motive, though a rare one, for disequilibrium is physiological discord between the sexual organs of the two people. This only occurs in some 15% of cases.

(2) A second motive - and this is a very general case, prevalent in some 70% of marriages, is to be found in theoretical and practical ignorance of the erogenous zones of both sexes in coitus. A great law of sexual physiology exists: in the male organism all sexual sensibility is concentrated on a single point - on the gland of the penis, which thus forms a single, central erogenous zone in the man. In the female organism, on the other hand, the erogenous zones, where are the areas of sexual sensibility are distributed over almost the whole organism. There are therefore erogenous zones of first, second and third degrees in intensity.

Sexual disequilibrium physiologically is due to this difference. In the male organism the whole of coitus takes place centrally in a single erogenous zone, which is capable of producing sexual satisfaction much more rapidly than in the female organism. It therefore very often happens because of this physiological ignorance of one or the other partner, that the majority of the female erogenous zones remain untouched during coitus. Since there is an internal connection between all these erogenous zones for the transmission of sexual sensibility, sexual satisfaction in the female organism is for this reason either,

- (1) incompletely produced or
- (2) only produced much later than in the male organism or
- (3) is not produced at all.

So the most general cause of sexual disequilibrium in marriage consists of this illusion that sexual satisfaction quantitatively and qualitatively is identical and simultaneous in both organisms.

And in this the fault lies chiefly with the man. It is he who has the active role in coitus and when he has arrived at sexual satisfaction he is disposed to think that the same is the case with his partner. And even if he has a contrary experience from this point of view, he does not understand the real reason for it.

In view of the widespread nature of this case, it deserves more detailed treat-

ment, affecting as it does some 70% of marriages.

The sole remedy is that dictated by the laws of physiology and must be carried into effect by the man because of his active role in coitus. He should avoid beginning coitus at once by the introduction of the penis into the vagina, as if he does, sexual satisfaction in the form of ejaculation will inevitably occur more rapidly in the male organism than in the female. Nor can the repetition of the act result in complete satisfaction of the female organism, simply for the reason, that done in this way the character of the act of coitus is entirely masculo-centric and fails to take into account various very important female erogenous zones which are left more or less untouched during coitus.

In order to equalise this difference in the physiological sensibility of the two organisms, the man should begin by occupying himself, first of all, with the other erogenous zones in a concrete fashion. We can formulate this physiological law as follows: the man must first of all - before coitus proper - warm up the female erogenous zones to the point of their stimulating and preparing vaginal sensibility to a certain degree of intensity. In this case, sexual satisfaction in coitus will be simultaneous in both organisms. In this way not only the male erogenous zone but also the totality of the female erogenous zones are satisfied.

In physiological language intensive male satisfaction coincides with extensive female satisfaction.

And now let us examine the cases of most frequent occurrence which are due to neglect of this physiological law.

#### Sexual Disequilibrium due to Neglect of this Law.

In the course of years the female organism can progressively become partially or completely frigid, that is to say, that certain erogenous zones, because of their non-functioning become insensitive. This physiological condition naturally has a reaction on the male organism as well.

After several repeated acts of coitus sexual impotence is produced in the male organism due in the majority of cases to female frigidity. When the man observes on several occasions that he is unable to arrive at female satisfaction, psychological complexes are created which suggest to him his sexual incapacity.

In general we find a succession of causes and effects and almost always ignorance of the real causes and effects. In order that we may understand better the consequence of this general sexual ignorance I will quote some concrete cases I have met with in my medical experience. For instance, I have several times come across women who after ten or fifteen years of sexual life in marriage and with two or three children were more or less insensitive in their most important erogenous zones and had a generally unawakened sexuality and had never known complete sexual satisfaction.

Similarly I have found men - fathers of families - after ten or twenty years married life, who have never paid attention to this difference in intensity in the sexual sensibility of themselves and their wives.

We must now deal with another case which is also very important and widespread - the use of certain preservatives for the prevention of conception.

### Contraceptives.

In spite of the almost unlimited possibilities provided by chemistry from this point of view, there is only a very small group of preservatives which are really certain and not detrimental to health.

The majority of preservatives either cause certain superficial irritations or even swellings sometimes or else they lead to the mechanisation and automatization of the erogenous zones and reduce sexual sensibility to a minimum.

To take an example we will mention only three classes of preservatives - those most commonly employed.

(1) The *condom* either complete or

simply for the gland of the penis is far from being completely reliable and always reduces sexual sensibility.

(2) The majority of *pessaries* are also illusory from the point of view of certain protection. They do not reduce sexual sensibility but very often occasion very disagreeable symptoms.

(3) As far as certain *quinine pastilles* and similar preparations used before or after coitus, are concerned, they are directly harmful to health and cannot claim to be certain.

We can therefore add that the employment of imperfect preservatives contributes very largely to sexual disequilibrium brought about by ignorance of physiology.

The manifestations of this disequilibrium are extremely varied, differing with age and with individuals.

The majority of sexual lives are merely sexual life surrogates and it is almost unbelievable but a very sad fact that 80% of marriages are based on sexual disequilibrium.

We will take two further examples and two very characteristic cases of sexual disequilibrium which are also the least well understood.

The first is the "Don Juan" type. It is the saddest kind of sexual disequilibrium where a man changes his sexual partner all the time because he can never find sexual satisfaction. In his permanent state of non-satisfaction he is always hoping to attain satisfaction in more and more new sexual relations. In most cases satisfaction is never found.

From a medical point of view we are almost always able to cure this pathological condition.

The other type which is also badly understood is the case of the 'mysterious woman.' Mystery is attributed to her because one never knows what she will do next day. From a medical point of view the mystery is very simple: she does not know her-

self and does not know what she will be doing in a day or an hour. It is a condition of permanent nervous tension - a very developed degree of nervous breakdown - from the point of view of sexual psycho-pathology. So in final analysis it is a question of permanent in consequence in sexual life vis-a-vis her partner and in life generally vis-a-vis her environment. This case belongs to the category of cases which are most difficult to cure.

### Pessimism, Scepticism, Cynicism

Let us now examine some further specific and characteristic cases of sexual disequilibrium.

Psychologically we have the pessimist type, the sceptical type and the cynical type.

Behind *sexual pessimism* there is always a sexual inferiority complex.

*Sexual scepticism* always hides sexual ignorance.

And finally, behind *sexual cynicism* we shall always find sexual hypocrisy.

### A Sexual Prejudice

We must deal with another mistaken sexual prejudice. People are generally convinced that famous authors of novels of love and famous cinema stars - the sexual idols of the masses - lead a balanced and a harmonious sexual life. In reality if we examine them at all carefully close at hand we shall discover that the descriptions of harmonious love in their literary works are simply compensations for and replacements of these great authors' sad and unbalanced sexual lives in the vast majority of cases.

Similarly the sexual life and loves of cinema stars are either very dull and ordinary or else very chaotic and unbalanced.

### Avoidance and Remedy for Sexual Disequilibrium

Now the great question arises of how we are to avoid and remedy sexual

disequilibrium which assumes very numerous and varied aspects in our present age and society.

Cure must always be preceded by diagnosis. And this diagnosis is based on modern physiology and psychology. I am not going to speak here of Freud and Adler because they have long been superseded by new psychological processes and to-day represent a simple anachronism.

Real diagnosis is provided by the dialectical totality of every psychological correlation and symptom.

Features of the face, nuances in the eyes, bearing and gestures, tone of voice and in general every external manifestation of the psycho-physiological mechanism reveal to us exactly all the sexual past of the individual, without the necessity for any Freudian psycho-analysis or Adlarian psycho-synthesis. It is enough to observe a person for some days or even hours in daily life or if this is not possible one has only to carry out a psycho-technical examination by putting the person in certain psychological situations expressly designed for the examination and measurement of his reactions to them. After having established his sexual past, it is simply a question of eliminating in the future all the physiological and psychological causes of his sexual disequilibrium.

And we now come to the most important part - after diagnosis - cure.

### Cure

The foundations of this therapy are based on the following considerations. The directives of the laws of psycho-physiology must be followed. The constitution and mechanism of the male and female organisms show us precisely that the essential of sexual life is the balanced completion of the two organisms incomplete in themselves.

*(To be continued)*

# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [S. India].

In particular,

[a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

Regd. No. M. 2170

ANNUA

PRICE Rs. 20

JUST PUBLISHED

POSTAGE EXTRA

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce

that the printing of the above book  
is now complete, and the bound books  
will be sent to the Subscribers of the  
same shortly

*The pre-publication price of Rs. 10 is now withdrawn.*

Part I	Philosophy of Chromopathy and apparatus.
Part II	Sexualogy and Sociology.
Part III	Psychology and Mental Healing.
Part IV	Nervous system and Insanity.
Part V	Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth

For detailed prospectus  
apply to:—

The Chromopathic Institute,  
Andhra Grandhalaya Press Buildings, BEZWADA.

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL &amp; SPIRITUAL

Editor : Dr. P. VENKATRAMAYYA, N. D., D. M.

CONTENTS

	Page
Pathological Necessities ( Abscess )	75
News & Notes	78
The Way-out : A natural Preventive Medicine	79
The Truth about Vaccination	81
Why I am opposed to Vaccination	83
I go on for ever ...	84
Quinine is most harmful than Poison	84

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittance should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine  
Inland Rs. -8-0, Foreign Sh. 3 or \$1.

Annual Membership Subscription for  
the Indian Naturopathic Association  
Inland Rs. 3—0—0 foreign Sh. 6, \$2  
Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie?
- What is the principle of Temperamental harmony between man and woman?
- How can you contribute to the building up of a superior human race?
- What temperamental couple can lead a perfect happy life?
- How can you modify the temperamental influences of a wrongly united couple?
- What are the three fundamental methods of human up building?
- How can you remedy sexual waste?
- How can you control the sex of your offspring?

Price Re. 1 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings, Haridwar:

BEZWADA.

N. B.— Those who buy Human Culture & Cure need not go in for this book, as this is included in the same.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — July, 1940

No. 7

## PATHOLOGICAL NECESSITIES: \* 5

### A B C E S S

#### What is an abscess?

It is an attempt on the part of nature to eliminate filth that is not wanted by the system. Food, that is not properly digested, stagnates in the body, putrifies and disintegrates. Such effete material in the course of disintegration becomes acid. System, to maintain 60:40 proportion of alkaline acid principles in the body, tries hard to get rid of that acid material. The acid material in the blood is driven out by the natural forces of the body into a weak portion and forms a tumour in the beginning. In the course of time the tumour softens and makes its way out in the form of pus and blood.

When all the pus and blood is eliminated the wound heals of its own accord and if no external interference is made, even a scar will not be noticed after the wound is healed.

#### Harmful Foods

But what are the foods that create so much inconvenience to the system, is a pertinent question. The readers of this series are well aware that more alkalinising food material is needed by the system than acid forming substances.

Rice or Wheat when taken in polished and whitened form, form the chief and

major portion of the acid forming material. Next to these, carbohydrates, fats, taken in any form, in excess to the needs of the body form into fat acids, otherwise called amino-acids. Proteins are not at all needed for people beyond forty and proteins contained in other substances such as cereals, beans, and solid vegetables are sufficient for the maintainance of the wear and tear of the body, if the protein in them is properly assimilated in the body. Proteins if taken unnecessarily into the system with the presumption that they build the body, stagnate, putrify and form the chief explosive material to blow out the body. I don't vex you here with my vegetarian theory, yet I warn every eater of flesh and fowl, fish and pork, to abstain from these filth producing materials if he wants real health and happiness. Now, if the foods are not properly assimilated and utilised by the body and if proper combustion has not seperated carbon and water; it forms into carbon-dioxide. (C O 2) This carbon dioxide is counteracted by the alkaline material in the blood, flesh, tissue and even bone (calcium). In the action and counteraction the body loses its treasury of alkaline percentage and loses tone.

When the system becomes weak and when it cannot properly eliminate the effete material from the system through the colon, the kidneys, the skin and lungs; the effete

\* The previous articles of this series appeared in the I.N. for Dec. 1939 and Feb. April, and May 1940.  
CC-0. In Public Domain. Gurukul Kangri Collection, Haridwar

material so accumulated in the body forms into tumours to be eliminated in the form of abscesses, ulcers or even carbuncles and cancers. As long as the body maintains a certain tone, it can eliminate the tumourous filth in the form of an acute abscess. If sufficient tone is lacking the tumour grows and grows and eats surrounding tissues. The cancer is of course a same attempt on the part of nature to eliminate the impurities of the body through the mucous membrane of the internal organs.

### Prevention.

Like all other ills of the body, prevention is better than cure even here.

The filthiest matter when exposed to the sun, is dried up and loses its filthiness. Fruits and vegetables are preserved for a very long time when preserved in refrigerators is a recognised fact. So also if you keep the body open to the rays of the sun and if you take sufficient exercise every day, the body eliminates much of the effete material through the pores of the skin in the shape of sweat.

By the regulated movements of the body in the act of exercise taken every day the body utilises much of the dreaded explosive food material.

Moderation in eating and regulation of the quality of the food, choosing positive diet and avoiding to the last all the negative food material, is the essential factor to be observed by the seeker of health. The nerve to refuse and the strength to avoid all narcotics and alcoholic beverages is needed. Such a person will save his body not only from abscess but from all the diseases that the flesh is said to be heir to.

Breathing of pure air and drinking of pure water need not be stressed here as they are the first two elementary principles on which the body subsists.

### The Course Of The Abscess.

The effete matter circulating in the blood stream chooses a weak point in the

body through which it can easily make its way out. Weak point because, it is only at the weak point that the temperature is lowered and favours the condensation of the effete matter there. If no external interference is made in the shape of a plaster the effete material circulating in the blood deposits there to the fullest length of the elasticity of the skin there. If on the contrary a plaster is placed, the elasticity of the skin is hindered, and the effete matter re-enters the blood to be counteracted again by the alkaline treasure of blood, muscle and tissue. So it is always harmful to place a plaster on a growing abscess.

If the abscess is allowed to grow to its fullest capacity the body segregates the abscess from the main blood stream by an artificial layer.

Being separated from the main blood stream the effete material begins to putrify and assume a very strong acid form. The strong acid so formed eats away the layers of external skin and forms into an ulcer. Through the ulcer, as before said the pus and blood is eliminated in due course.

If the allopath interferes with his blaster, before the abscess has fully developed, the progress of depositing is obstructed and the abscess may become septic, owing to the non-creation of the artificial layer between the blood stream and the abscess. So it is always wise to increase the elasticity of the skin by moist heat applied at the area in the shape of sweating packs, local steam baths or by the application of hot water bag placed in wet towels. It is always wise to conclude such hot applications with cold packs or towels wrung out in cold water folded into eight, and placed over the area. The cold applications favour the further deposit of effete material and the elasticity of the skin is increased by hot applications.

As soon as a safe layer is placed beneath the abscess and the effete matter in the abscess, the abscess begins to disintegrate and soften, as before said and it makes its way out.

If in the course of disintegration the Allopath with his knife interferes and places a sacred cross on the abscess, the disintegration also is hindered, and it will take a very long time before all the pus is eliminated—time longer than it would take for a natural course.

If as in the case of blistering the Allopath opens the abscess before the safe layer is created, it becomes a septic wound and the patient dies of septicemia.

#### Treatment

As in all acute cases, missing a meal or two and avoiding all rich foods is essential for a safe conclusion. Hot and cold applications as above said will mature the abscess without any untoward symptoms. The same cold and hot applications squeeze out the filth from the abscess and favour a speedy cure.

Care should be taken that the bowels move freely twice a day and no urine is obstructed. Eating of greens and vegetables thrice the quantity of annam or rotti is necessary. It is better to replace annam or rotti with juicy fruits of the citrus family or the grape dynasty.

You don't experience any inconveniences in almost all the ordinary abscess with this treatment. The allopathic prescription for closing the wound also is objectionable. No special care is necessary to close the wound, as the wound closes itself immediately after all the pus is eliminated from the abscess. The safe layer grows from within and as soon as a strong layer has grown, the wound peels off and not even a scar is left.

The premature closing of the wound by idoform, tincture of Iodine or carbolic or boric acids tend to force behind some of the pus which will be for the further destruction of the surrounding tissue.

The Ayurvedic prescription of antimony and sulphur are also dangerous and so the medical and surgical aid should in no case be sought.

#### Extra-ordinary Abscesses

In severe abscesses the diet should be restricted to fruits and cooked or uncooked vegetables and greens alone.

Kuhne's hip baths and sitz baths taken twice or thrice daily of ten or fifteen minutes duration will be very beneficial.

By inducing the skin to perspire every day in the evening sun will favour a speedy cure and alleviate much of the suffering from the abscess.

A thermolume bath is more beneficial for weaker people. Steam bath may be substituted if no thermolume is available and the sky is cloudy. Steam baths should not be taken more than thrice a week and should not last longer than the time that the patient can comfortably bear. Sweating packs also may be applied with advantage over other sweating applications as the least exertion is needed in this application.

Chromo disc when available may be applied and the best results obtained in increasing the elasticity of the skin, in maturing the abscess and in driving out the pus from it. Colours to be used for the disc are violet for increasing the elasticity of the skin and maturing the abscess; green or blue for driving out the pus and healing the wound. The disc should not be applied more than twice a day and it should not last longer than thirty minutes each time. After every application of a disc the abscess should be well cooled down by clay packs or wet cotton bandages. Colours for the thermolume should be three green and one blue from bottom to top.

From the above you will very easily understand how an abscess is not only inevitable in the pathological condition, in which the blood is highly contaminated with effete material, but that is a pathological necessity; and highly beneficial in that pathological condition.

Abscesses that spring from lymphatic channels though less harmful should be treated in the same way as ordinary abscesses.

## NEWS & NOTES

### Eat More Fruits.

The report of the Fruit Production Sub-committee of the National Planning Committee of India is out. The N. P. C. had declared as follows:—

The quantity of fruit and vegetables consumed by Indians is quite inadequate to bestow health to them. Their health had gone down. So to be healthy, they must eat more fruits and vegetables along with their present diet.

To achieve this, they have recommended the following methods:—

- 1 By encouraging those that produce fruits and vegetables.
- 2 By heavy customs on imported fruits and thereby protecting the Indian producer.
- 3 By separating some pieces of land for the production of the same.
- 4 By creating facilities for the easy transportation of the fruit from the grower to the consumer.
- 5 By increasing cold storages.
- 6 By making the education of the fruit growing, main, in the syllabus of Agricultural colleges.
- 7 By arranging post graduate courses, in all universities, for the spread of the knowledge regarding the same.
- 8 By introducing canning and other industries for the production of fruit essences, scents and oils.
- 9 By licensing fruit merchants.
- 10 By bulletening the market rates of the fruits from time to time.
- 11 By making amendments in the section 17 of the Reserve Bank rules to

facilitate the fruit producer to get sufficient financial support.

We are glad, the principles we were propagating for over 20 years, are now approved by the National planning Committee. We exhort all our readers to recognise their foremost duty of producing and consuming more Fruits and VEGETABLES.

### Late Mr. Ch. Ramajogayya

He came to our "Back to Nature" camp in the year 1938 to Bezwada and was a follower of Nature cure from then. He had an attack of paralysis. But for the sudden demise of his eldest son and other domestic troubles, that shocked his health, he would have recovered and got his normal health.

He had great faith in the system to the last, but could not follow nature cure completely, for reasons unknown to us.

He had helped the movement a great deal by his financial help in patronising the "Back to Nature" Camps held at Doddipatla in the years 1939 and '40. Had he lived he thought of opening a naturopathic hospital at Doddipatla. The movement has incurred a great loss in his death.

We extend our hearty condolences to the bereaved family.

May his soul rest in peace.

— 9 August 1940

Be prepared to make a pilgrimage to Bezwada, to attend the anniversary of our leader, the late Hanumayya.



## COSMOTHERAPY:

## The Way-out: A Natural Preventive Medicine

Prof. Edmond Szekely

THE NEW THERAPEUTIC SYSTEM—Cosmotherapy - differs from official medicine in that it does not rely principally on drugs and the knife, but on the natural and cosmic forces manifested in the cosmic, solar and terrestrial radiations; it differs, on the other hand, from existing trends in the direction of natural therapeutics in that it uses the totality of these forces while they employ only one or a few. Cosmotherapy seeks to rid the organism of all toxins and diseases from the present right back to the moment of birth.

Cosmotherapy itself is really only a part of an even wider and more universal medical system called "Panetherapy" (all-best-therapy) which not only uses the natural and cosmic forces but also the best cultural forces, the masterpieces of literature, painting, sculpture, music, etc. ; as agents of cure. In brief, Cosmotherapy deals principally with the physical diseases of man, while Panetherapy is equally concerned with mental, spiritual and social factors. It may be divided into some fifty branches ; I do not propose to enumerate them here, but would refer the interested reader to a recent book by Professor Szekely,\* the director of the International Expedition which is researching into these new methods and applying them in the field.

The patient who follows the cosmotherapeutic treatment conscientiously for some months will renew all the cells of his organism (other than those of the bones which take longer). Generally about seven months suffice. All his old diseased cells are discarded and new healthy cells take their place. First of all the patient loses weight: this phase represents the process of complete disintoxication of the organism which is brought about by fasting and the administration of the various cosmic, solar

and terrestrial radiations in their natural form. When analysis shows that all the toxins present in the organism at the beginning of the treatment have been eliminated (of which a stabilisation of weight is another proof) the regenerative reconstruction of the organism begins on a special "cosmopolitan" diet supplying all the necessary reconstituents of the body in vital, organic form. It is not, therefore, a question of curing one disease but of completely regenerating and rejuvenating an organism made ill by years of wrong living. Illness are simply varying manifestations of a single 'disease'—inharmony with the natural forces and laws. Cure is effected when the patient is completely readapted to these laws and forces and once more enjoys harmony with them, which is health.

The first toxins to leave the body are those most recently acquired; earlier accumulations disappear progressively and finally those acquired at the moment of birth. Then and not before, the patient is no longer diseased. He may be deemed healthy and well when he has completed his reconstruction on the proper diet.

Naturally this great elimination of poisons is not accomplished without discomfort. A period of purgatory has to be gone through before the patient gains admission to the paradise of health. He must expiate the sins he has committed in the past—perhaps from the moment of conception—against Nature's Laws. The more frequent and disagreeable of the symptoms he will encounter in the course of disintoxication are the following: fatigue, nervousness, chillness, heat, thirst, bad odoured perspiration and breath, spitting of sputum, feeling faint, dizziness, clouded urine, irregularity of the bowels, temporary thinness, pains in various organs and the reappearance one after the other

\* "Cosmos, Man, & Society" Public Domain. Gurukul Kangri Collection, Haridwar

in reverse order of past illnesses. (Naturally each lasts only a few hours or days.) These symptoms are expressly provoked by the cosmotherapeutic treatment. They persist intermittently till all the toxins have departed, when they cease and never return. There need be no cause for alarm, therefore, when these symptoms occur, on the contrary their absence means that the cure is not progressing as it should and that the toxins are lying latent in the organism.

The time needed for complete cure depends on a number of factors: on the patient's age and weight, on the number and severity of his illness, on his mode of life and mental condition, on various hereditary factors, and most of all on the manner in which follows the treatment in all its details. In general, as I have already said, about seven months' concentrated effort suffices for the elimination of the toxins of ordinary diseases and the reconstruction of the organism.

Having explained what Cosmotherapy does, it now remains to describe the weapons in its armoury and the reasons for their employment.

There exists a dynamic unity between man, the universe and the various curative factors employed. Each element of the body corresponds to an element of the universe and each element of the universe supplies a therapy particularly appropriate for the cure of disorders of the corresponding sphere of the body. An example will make this clear. The bones (the solid element in the body) correspond to the earth (lithosphere) in nature. The corresponding therapy is geotherapy, that is, the use of clay compresses which are particularly efficacious in affections of the bony structure of the organism. Similarly we can equate blood = water = hydrotherapy (water baths); skin and lungs = air = aero-therapy (air baths and respiration); nerves = sun = heliotherapy (sun baths); muscles = vegetation = vitaminotherapy (raw food diet); movement in the body = movement in nature = dynamotherapy (exercise); and finally, the cell = the atom = cell therapy (fasting).

We can see at a glance from this arrangement that the organism depends for its maintenance on various natural spheres and forces and "*a fortiori*". It is only these same sustaining forces that are capable of restoring a healthy condition when the organism is attacked by disease (failure to adapt the organism to these spheres). The organism therefore needs most of all (as the skin and lungs from the largest surface of the organism) fresh air (about 700 quarts an hour). It also needs water (its principal component), it needs the light of the sun without which the human nerve system cannot function; it needs fruits and vegetables (in which air, sun and water are stored in nutritive form to make and maintain muscles and feed the various cells of the body). It needs movement, (for in nature all is in perpetual motion) and it needs to change its cells just as in nature the universe is constantly changing its atoms. The seventh and most fundamental law of the organism is that it always requires the same substances for its maintenance as those of which it is constructed. An unhealthy organism craves for unhealthy fuel—the meat-eater needs meat, the drunkard needs alcohol, the smoker needs nicotine. Conversely a healthy organism built of raw fruits and vegetables needs and desires raw fruits and vegetables and revolts against inferior substances. When the change is made from one way of living to the other, a struggle takes place in the organism and the body protests at being deprived of the foods to which it has been accustomed. This state of affairs lasts as long as the old cells are in a majority. A certain amount of will and determination is needed to resist the temptation to smoke, eat forbidden foods or drink a glass of beer during this period of battle between the old Adam and the new man baptised with water. But once the half-way house is reached no further resistance is encountered and temptation passes.

I have spoken of Cosmotherapy as a system of medicine, but it can equally be regarded as a way of life for the healthy who wish to avoid disease. It is a preventive as well as a curative medicine. Unfortunately nearly everyone is ill in

some way or other, even children, as ignorance of the laws of Nature is general. But once cure has been effected, the continued practice of the simple rules of health involved in Cosmotherapy will assure immunity to every infection in the future. The complete reform of one's life which Cosmotherapy demands naturally needs patience and persistence. Rome was not built in a day, yet the reward is commensurate with the effort.

Health is the greatest wealth we can enjoy and a few minutes care every day and a few hours every week is an inexpensive insurance against the suffering and loss of time caused by disease. Once you get well through following the cosmotherapeutic treatment and continue to regard the rules of health, you can be sure of a long, healthy and harmonious life.

This regeneration is possible even at the age of 70 or 90; it is only unfeasible in the case of old people who are very much shrunk and bent. The treatment is also found easy by children and experience shows that once they learn the laws of health, they are very unwilling to revert to bad habits. Naturally a small body which has accumulated toxins for a comparatively short time is regenerated much more quickly than an old and larger one.

It remains next time to give the practical directions necessary for undertaking this reform. Before you can start to work, you must know the rules of meal and food hygiene, of fasting, of intestinal cleanliness and the technique of sun, air,

and water bathing, together with concise directions as to the best forms of muscular and respiration exercises.

This brief description of a large science is bound to appear dogmatic, it is impossible to explain the reasons for every statement made. Cosmotherapy is not a merely empirical system, though everything in it has passed the test of experience. Its practice is fully justified by theory. It is supported by the most recent discoveries of contemporary science, and notably by research into the cosmic rays, into vitamins, into the constitution of matter. It is at once the newest medicine and the oldest. Ethnology, Anthropology, Prehistory and Geology enable us to trace the history of disease to its source and the history of the methods used to combat it when it first made its appearance in the world. Cosmotherapy is confirmed both by the medical systems of our remotest ancestors and by those of contemporary primitive peoples. It is also the medicine of all the great teachers of humanity. It is a medicine that has been lost and now found again, rather than something entirely new. But it is now presented in the clothes of the twentieth century and not in those of twenty-five thousand, eight thousand or nineteen hundred years ago.

Its revolutionary teachings will be bitterly opposed in high places. It will triumph in the measure that it is true. And it is true in the measure that it heals. This can only be tested by each one giving the system a fair trial for himself and seeing the result. *Qui vivra, verra.*

## The Truth about VACCINATION

BY LILY LOAT

Although England and Wales has had a Conscience Clause since the year 1898, and Scotland one since 1907, so far the permanent officials of the Irish Health Departments have defeated every attempt to give Ireland a measure of freedom in regard to vaccination. There are, however, many areas in Eire where the vaccination law has not been enforced, and for some years

several Boards of Guardians in Northern Ireland have declined to prosecute defaulters under the Vaccination Act.

Recently, after repeated prodding by the Government, the Londonderry Guardians decided to prosecute twenty defaulters out of some three hundred parents of children under twelve months of age who had refused to submit to vaccination.

The case against vaccination is so overwhelming that it is inconceivable for any intelligent person who has once investigated it to retain a vestige of belief in this "grotesque superstition," as Dr. Charles Crieghten, the author of *History of Epidemics in Britain*, called it.

It is the word smallpox that in some people arouses a sense of panic. Yet what real risk is there to anyone in a country where the people are properly fed and the sanitary conditions good? Smallpox, even at its worst, has never been in this country such a killing disease as tuberculosis, measles, scarlet fever, diphtheria or whooping-cough. For over thirty years it has been represented by the figures 1 or 0 in the Registrar-General's death-rates.

This negligible death-rate has certainly not been due to the effect of vaccination. An effect cannot be due to a cause that does not exist. All the time small-pox has been disappearing, vaccination has been doing the same. The percentages of babies vaccinated were 85 in 1872; 72.3 in 1892; 50.1 in 1912; 38.2 in 1932. At the present time, only about one third of the babies born in this country are vaccinated. In Australia and New Zealand, where there is practically no vaccination, there is no smallpox.

In the last serious London outbreak of smallpox (1901-2,) of some 10,000 cases, over 7,000 were vaccinated persons, and, of these, 705 died. In the Mesopotamia campaign, 287 British soldiers, who had just been thoroughly vaccinated, contracted smallpox, and twenty-nine of them died of it.

India is a reservoir of smallpox, and its population is probably the most vaccinated in the world. Eighty-six persons per thousand are vaccinated or re-vaccinated every year, compared with only six per thousand in England and Wales. But in India all the forces that produce smallpox are present—extreme poverty, bad feeding, and an entire absence of sanitation. The same state of affairs exists in Mexico, which, with compulsory vaccination and re-vaccination, and no conscientious objectors, has the highest smallpox death-rate in the world.

Vaccination is still required by many

firms as a condition of employment, by controllers of workmen's dwellings, by Port Health authorities in certain countries as a condition of admission, and by some hospital authorities for their nurses. Yet no guarantee of immunity from harm has been, or can be given.

Deaths from vaccination have been recorded every year for the last sixty years in the English official records. In 1937 there were eight such deaths. Every year in recent years the Chief Medical Officer to the Ministry of Health has described cases—sometimes fatal—of inflammation of the brain caused by vaccination, and after repeatedly advising the heads of institutions and employers of labour not to insist on the vaccination of children or young adults, in his last report he expressed the view that "it is regrettable that some employers decline to engage individuals unless they can show evidence of successful vaccination."

In December 1937 a fourteen-years old boy, who had secured employment at Woolwich Arsenal, was vaccinated as a condition of employment (his parents having no objection), and died in consequence of the operation. Mr. Hore-Belisha, the Minister for War, not only had compensation paid to the parents, but he also abolished the vaccination rule for all persons under twenty-one years of age employed at War Department establishments, and for boys in the Army.

For a long time the Ministry of Health contended that very few infants suffer from inflammation of the brain through vaccination, but the recent Report of the Chief Medical Officer of the Ministry of Health shows five cases of vaccinal encephalitis, four of them fatal, three only four months old, one six months, and the eldest aged fourteen months. The Editor of *The Medical World* (November 11, 1938) commented:

"In face of such facts, what becomes of official statements that vaccination is safe in infancy? They can only be regarded as the mistakes of decent men labouring in scientific darkness."

In 1935, 1936 and 1937, no deaths from smallpox were registered in Great Britain, despite the practically unvaccinated state of the population.

In reply to Mr Liddal, M. P., the Minister of Health stated in Parliament on July 13, 1938, that in England and Wales in the thirty-three years ending December 1937, only 118 children (under five) died of smallpox, but 291 died of vaccination.

These facts show (1) that smallpox, is the outcome of insanitary conditions and poverty; (2) that vaccination is useless either as a preventive or mitigant of the disease, (3) that, besides being utterly ineffective, vaccination is in itself harmful;

(4) that during the operation of the Conscience Clause in Great Britain smallpox has become extinct, while prior to the introduction of that clause it occurred constantly sometimes in severely epidemic form; (5) that large numbers of vaccinated and revaccinated people have contracted smallpox and even died of the disease; and (6) that as Alfred Russel Wallace said: "Belief in vaccination is belief in a delusion, and the penal enforcement of the operation is a crime."

## Why I am opposed to Vaccination

BY

The Duchess of Hamilton

I am opposed to vaccination as a most unhealthy, insanitary, and immoral practice. I am glad to say that my children agree with me. None of my seven children or ten grandchildren has been vaccinated.

To-day, there are two main schools of thought in the world of healing—the school that is looking for a vaccine or a serum for protection from, or the cure of every disease, and the school that opposes inoculations of any kind for such purposes, pinning its faith to right methods of living as the only successful way to obtain health.

Those of the vaccine and serum school believe that diseases are caused by germs. Those of the "right methods of living" school dispute this, maintaining that germs are the result and not the cause of disease; that they play a beneficent part in the economy of life, and that both in theory and practice the advocates of inoculation fail to substantiate their claims.

In actual practice, believers in inoculation pin their faith to vaccines and serums, regardless of the teaching of experience in such matters, which proves, without the shadow of a doubt, that no amount of vaccination or inoculation will prevent disease where insanitary conditions prevail; while, on the other hand, there is not the slightest need of those practices when conditions are good.....

I do not think vaccination ought to be compulsory at all.

Vaccination is the biggest misconcep-

Tom Groves, M. P., J. P.

tion that has ever been foisted on the British public for the past hundred years.

If the authorities in Northern Ireland think that parents ought to be prosecuted for not having their children vaccinated, we must begin there the agitation that won the conscience clause in this country forty years ago.

If vaccination was ever of any use in the prevention or mitigation of smallpox, which is doubtful, to-day it is certainly unnecessary, therefore useless. More children suffer and die from the effects of vaccination than from smallpox. Hygiene, private and public attention to the question of health and sanitation, have banished the likelihood of a smallpox epidemic.

There never was any very strong medical demonstration of the efficacy of vaccination. To-day even the average medical practitioner is beginning to subscribe to the view that vaccination should not be compulsory:

Further more, in increasing numbers, medical practitioners are beginning to admit that vaccination is no cure. Those who do believe vaccination is effective, only believe so if the operation is performed at least every seven years; some say it should be performed annually. Therefore vaccination in infancy is assumed by but very few to be an immunity.

The more this question of vaccination is probed, the more absurd the claim for vaccination becomes.

## :: I Go on for Ever ::

## (1) The Eighth Naturopathic Training Camp.

The Andhra Naturopathic Academy charted by the Indian Naturopathic Association Bezwada (Regd) for carrying on the naturopathic movement in the Andhra.

The Academy had run 7 naturopathic training camps in various centres in the Andhra in the last 7 years. This year the naturopathic training is held at Doddipatla under the kind patronage of Mr. Ch. Rama Jogayya Naidu.

12 Naturopathic professors partook in the deliberations and in the teaching of students.

15 patients were given training in the cure of their diseases. About forty outsiders enjoyed the camp life periodically. A detailed report will appear in the Indian Naturopath for June 1940.

(2) Dr. P. Venkatramayya N. D. the editor of The Indian Naturopath and Prakriti addressed a combined audience of

ladies and gentlemen at Madanapalli Rajole Taluk, East Godavari Dt. The speaker stressed the necessity of the distribution of proper knowledge regarding health and biological living. He stressed the necessity of modifications in the South Indian dietary; and the necessity of the usage of whole meal brown rice in the place of devitalised and devitaminised polished white rice. He exhorted the public to resort to the addition of vegetables and greens thrice the weight of rice for proper health.

He spoke at length on the proper care of the pregnant and the mother in childbed, to avoid the fatality in maternity and the infant mortality.

On 30-5-40 Dr. Putcha delivered a lecture on the present condition of our youth at Tenali under the auspices of the Youth League in connection with the Anniversary of the Desodharaka Public Library with Mr. Ch Subrahmanyam B. A. L. T. in the chair.

## Quinine is more harmful than Poison

"NATURE IS GREATEST PHYSICIAN"

Says Babu Purushottam Das Tandon, Speaker of U. P. Assembly

Jhansi, 10th April.

The view that quinine was more powerful than poison was expressed by Babu Purushottam Das Tandon, speaker of U. P. Assembly in laying the foundation stone of the proposed Ayurvedic University to-day. Mr. Tandon advised the people not to place themselves in the hands of physicians, whether Vaid, Homoeopathic

doctors or Allopathic Surgeons. Nature, he said, was the greatest cure, and often succeeded in driving the disease out. It was always better to take precautions rather than rush to physicians when attacked by disease. He added that they must develop the art of healthy living so that there might be no need to seek the aid of doctors

(From 'Hindu' 15-4-40)



# The Indian Naturopathic Association

Digitized by Sarai Foundation, Haridwar and eGangotri  
INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [S. India].

In particular,

- [a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.
- [b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.
- [c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.
- [d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

Regd. No. M. 2170

ANNU

PRICE Rs. 20

JUST PUBLISHED

POSTAGE EXTRA

# Human Culture & Cure

By  
DR. E. D. BABBITT

WE are glad to announce  
that the printing of the above book  
is now complete, and the bound books  
will be sent to the Subscribers of the  
same on 15th August 1940.

*The pre-publication price of Rs. 10 is now withdrawn.*

- Part I Philosophy of Chromopathy and apparatus.
- Part II Sexualogy and Sociology.
- Part III Psychology and Mental Healing.
- Part IV Nervous system and Insanity.
- Part V Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth.

For detailed prospectus  
apply to:—

The Chromopathic Institute,  
Andhra Grendhalaya Press Buildings, BEZWADA.

ANNUAL SUBSCRIPTION RS. 1-8-0.

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL &amp; SPIRITUAL

*Editor : Dr. P. VENKATRAMAYYA, N. D., D. M.***CONTENTS**

	page
Editorial	85
Real Education	86
Control of Tuberculosis ....	90
The Problems of The Sexual Life	91
Book Reviews	95



Digitized by Arya Samaj Foundation Chennai and eGangotri

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers** and Members of I. N. A. should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$2: Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie ?
- What is the principle of Temperamental harmony between man and woman ?
- How can you contribute to the building up of a superior human race ?
- What temperamental couple can lead a perfect happy life ?
- How can you modify the temperamental influences of a wrongly united couple ?
- What are the three fundamental methods of human up-building ?
- How can you remedy sexual waste ?
- How can you control the sex of your offspring ?

Price Re. 1 only (Excluding Postage)

Published by :

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings, Haridwar: BEZWADA.

N. B:— Those who buy Human Culture & Cure need not go in for this book, as this is included in the same.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — August, 1940

No. 8

## EDITORIAL

### Control of Tuberculosis

Elsewhere in this number you will find an extract of the broadcast message of Major General G. C. Jolly in his lecture on "Tuberculosis in India, an organised front against the menace". He suggests organised home treatment for facing the problem in the present condition of India in which she is unable to furnish the people with sufficient quality and quantity of sanatoriums as in other countries.

To successfully carry out the scheme he puts forward 5 main items of procedure to be followed in accordance with the scheme. Number one is the establishment of well equipped and well staffed tuberculosis clinics. The second is the creation of facilities for selected patients for special operations in the clinics. The third is the cooperation of the private practitioners with the clinics. The fourth is the formation of care and after care committees which work in coordination with both the clinics and the private practitioners. The fifth is the establishment of colonies for T. B. ex-patients in connection with each large sanatorium.

As long as the cause of T. B. is a sealed mystery to the allopath and as long as he suspects the germ—the end product of the disease—as the cause of the disease such futile attempts to

fight out the disease cannot but be advanced, to fail.

Tuberculosis like all other fevers is the product of undigested, unoxygenated, uncombustioned food material in the system. Owing to ignorance, indifference and indulgence, and owing to the poverty on one side and worry on the other, people are forced to take wrong and negative diet day in, day out.

Due to poverty, people are forced to live in almost slums where ventilation and sunlight are inadequately available. Due to the foreign domination, under which people are groaning we cannot expect better conditions in the health of the people. Until the health of the people forms the main look out of the rulers; until poverty is driven out of India,—India which is called Ratnagarbha and Vasugargha, her people find the fruits of their toils themselves; until people of India find time, leisure and money to choose their health giving diet any amount of propaganda or any number of activities are sure to fail.

Proper education in the right direction regarding the details of health giving diet is immediately needed to the people.

An ounce of activity in that direction is better than pounds of movements in other directions in the real bringing down of the disease.

## REAL EDUCATION

BY

PROFESSOR SHYAM SUNDAR GOSWAMI

Dean, Goswami Institute of Yoga and Physical Culture, Santipur, Bengal

It was a bright morning. I was in my study, reading a book on philosophy. My eyes were fixed on the book, but my mind was heavy and wandering. One thought after another came and passed by. I felt as if something were lacking in me—a feeling that left me unhappy. My body was still, but a storm was passing through my inner self.

Suddenly my father, rather unexpectedly, entered the room and saw me sitting there. Did he read my thoughts? I do not know. He too was still for a few seconds staring at me. Then he said, "My boy, philosophy of life is the best of all philosophies. One cannot enjoy life if the natural demands of the body are not met. Go out of doors. It is not the time to sit inside. Sadness can be conquered only by cheerfulness, and cheerfulness comes from healthful activities of the body."

He left the room. I have always been impressed by my father's personality. The joyous spirit is constantly expressed through his healthy and fit body. He is an example of plain living and high thinking.

I thought and thought. I suddenly realized that pouring dead matter into the brain by reading books is no real education. To bear the burden of other men's thoughts, which sometimes are undigested thoughts, does not develop the inner powers of the mind. The unfoldment of powers occurs from within. This is real education. But this cannot take place unless a vital condi-

tion of the brain and the body as a whole is created by proper means. Our minds cannot be in tune with the Infinite if the molecular purity of the body is not maintained by right living. I put the book on the table and left the room. I looked at the sun. It was glittering in the blue sky.

I began to walk. I walked several miles. I was perspiring, but I had a pleasurable bodily sensation, a feeling of well-being, which I had not experienced for many years. I returned home and had my bath. Then, to my surprise, I felt hungry. This, too, was a new experience. For years I had taken my meals mechanically. I had entirely forgotten that there was such a thing as enjoyment in eating. But this time I enjoyed my meal immensely. I realized at once that physical culture might give me many other enjoyments. It would increase my love for life, and this love would help me, to free the many emotions within me which I wanted to express, thus making me a better man physically and mentally.

I commenced walking regularly. After a few days one of my friends came to me and advised me to purchase a pair of dumb-bells for exercise. He added that he had seen a pair in an old iron shop. We went to the shop together. I picked up one dumb-bell with one hand and raised it to my shoulder with some effort. It was impossible for me, however, to push it overhead. My friend was able to do it without much difficulty. It was only forty pounds and I was very

## THE INDIAN NATUROPATH

87

much annoyed with myself. I couldn't believe I was so weak.

Of course, I knew that I had had a fragile constitution from childhood. But I did not realize the extent of my weakness. It clearly demonstrated the bad effects of neglecting the physical culture life. However, this humiliating incident aroused in me a determination to build a strong and vital body. It aroused in me a courage and power to turn failure into success. I was not prepared to surrender. I would not let myself believe that I was made of clay and rubbish. This was the beginning of my physical culture life.

I was twenty-seven years old at that time. I took my measurements. My chest girth was thirty-three inches and my upper arm measured about ten inches. Other parts of my body were equally undeveloped. I commenced exercise with light dumb-bells. I adopted the so-called conventional nourishing diet. I took four meals a day. I followed this plan of exercising and dieting for a year. Of course, I improved to some extent, but my improvement was not at all satisfactory. I made some alterations in my program. I added much more food to my daily diet with the wrong notion that I needed.

I continued with this program and my development proceeded at a slower rate. Then I reduced the amount of exercise and began to eat as much as I could. The result was that I began to put on fat. My brain became somewhat dulled, and a disinclination to physical activity developed. I realized then that something more than exercise was needed.

I commenced to study physical culture seriously. I studied various

theories, analyzed many systems, came in contact with many physical culturists and made experiments upon varied methods of exercising. Though I made greater improvement in my body, still it was unsatisfactory. I concluded that either there must be some intrinsic defect in my body or that physical culture systems lacked something which was essential for me. But I did not relax for a moment. I worked and worked. I had to mobilize all the resources at my command in my effort to turn failure into success.

One day a copy of PHYSICAL CULTURE Magazine reached my hands. I began to read it. To my surprise I found in it exactly what I really wanted. Mr. Macfadden's idea so appealed to me that I began to study his method more thoroughly. Then I introduced the essential principles of the Macfadden method into my training program. Fasting, fruit diet, milk and fruit diet, and milk diet were added. My improvement progressed at a very satisfactory rate.

My attention was specially drawn to two factors of the Macfadden method: blood purification and diet. I was thoroughly convinced that muscular exercise, if not combined with right diet, was inadequate to build vital vigor and promote normal tissue growth in a satisfactory manner. I found this to be true in my own case as well as in the cases of many of my pupils. I also came to the conclusion that when the cells are nourished by toxin-laden blood they cannot maintain a high degree of functional efficiency, nor can the muscles perform at maximum strength.

At last I felt I was physically fit to begin special training for making new weight-supporting records. Muscular

## THE INDIAN NATUROPATH

strength acquired by previous training gave me sufficient self confidence to attain success in anything. Physical strength develops not only an ability to work but excites a desire for work, both physical and mental. It helps the proper functioning of the brain, and organic strength depends to a great extent upon it. Strength building is one of the most important parts of man-making.

At the beginning of my special training I underwent a fast for a few days to cleanse my blood and my body as a whole. I broke the fast with a fruit diet and thereafter I adopted a milk diet for two weeks. The fast stimulated the vital activities of the cells to a maximum degree. This was shown by my increased muscular development which followed later when a normal diet was resumed.

I SELECTED only natural foods, because I thoroughly believed in the Macfadden principle, "Man can be properly nourished only by natural food." I strictly avoided denatured and refined foods because they had been robbed of their vital elements. I did not use flesh foods. Clean fresh raw milk, fresh cheese from whole milk, whole sour milk, butter, cream, nuts and a small quantity of whole-grain cereals, were my chief foods. I used plenty of greens and acid fruits. Seasoning the food with spices and condiments was avoided. Only very little salt was used. There was no tea, coffee, tobacco, or alcohol. Three meals were taken daily. I regulated the quantity of a meal in such a way that I had an appetite for the next meal. A fruit diet or a salad diet about twice a month and an occasional fasting were used.

I took special care about intestinal cleanliness. I realized that intestinal

toxemia not only lowered vital vigor but hindered normal muscular development. For maintaining a healthy and correct condition of the colon, I added sufficient quantities of antitoxic and laxative foods. Special abdominal exercise helped me in maintaining normal mobility of the colon. The exercise consisted of abdominal calisthenics, abdomino-concave, abdomino-cord, abdomino-short-quick-breathing, abdomino-push, reverse-trunk-on-scapula, reverse-trunk-on-head and reverse-trunk on neck. About two or three times a week I had colon lavage. Only a small quantity of cold water was used. This internal cold application strengthened and toned the internal musculature to a remarkable degree.

I had approximately eight hours sleep a day. I took cold baths twice a day, one after morning exercise and another after evening exercise. I also took sweat baths once a week. Cold air baths for prolonged periods and also sunbaths also formed part of my daily routine. In the morning I had my special Yogic exercises consisting of voluntary contraction and controlled movements of muscles, and various types of controlled breathing. The latter consisted of three types; the long, slow type; the short quick type; and retention. In the evening I took a vigorous form of muscle-strength exercise combined with Yogic dynamic exercise, three times a week. I had a brisk walk combined with a slow run on the three other evenings, with a thorough rest on Sunday.

As a result of this training I achieved the following measurements: Neck, 19 inches; normal chest, 47 inches, upper arm (contracted)  $17\frac{1}{2}$  inches, thigh 25 inches. My strength was also greatly increased. I was able to tear three packs of playing cards (each

pack containing 52 cards), to bend a heavy steel rod, to break a heavy iron chain and to perform various other feats. Finally I was able to support six tons on my chest, and three-fourths of a ton on my throat—both great weight-supporting feats.

The principal object of my strength building was to show that every man can develop muscular strength to a great extent if he adopts the proper methods, and that this strength helps him to an extraordinary degree in maintaining not only a high degree of physical efficiency but also mental efficiency.

A high order of mental and spiritual life is possible only when health is established. Health is an indicator not only of the physical, but also of the mental and spiritual standard of the individual. I realized this truth by observing very carefully the influence of physical training on my mental and emotional life. I found that muscular efficiency played a prominent part in developing mental efficiency, for, the level of the fundamental muscular activity determines to a very great extent the level of the organic vigor, and this in turn influences the brain and the nervous system.

Those exercises in which balance, accuracy, concentration, control, co-ordination, attention and other mental factors are involved, should be incorporated in your program of keeping fit. Walking in the open air, for example, is an ideal exercise for improving thinking power.

I have also found that the gradual unfolding of one's mental capacity takes place when the scattered thoughts of the mind are controlled by the developing of mental concentration. This can be attained through a process in which the mind is trained to be in tune with particular types of vibrations produced by breath-control exercise. By this process we can release brain

energy and allow a reasonable part of it to be conducted to the muscles, thus keeping the connecting parts between the whole psychic area and the whole motor area in free communication, and thus giving the brain cells a free and full chance of functional expansion. This results in maintaining the thought-machine in an excellent working condition.

The full satisfaction of life cannot be attained if the spiritual thread of life is cut. The real strength of spiritual life lies in the right expression of emotion. The essence of spiritual improvement lies in allowing the immeasurable, incalculable and all power energies of the unconscious to express themselves normally and fully. If the atomic arrangements, which occur with the stirring of the unconscious, are not proper, the response of the reflex nerve centers to exciting causes is unhealthy, and the mode of discharge of power from them is also abnormal. I have found that without developing a clean blood condition, the nerve centers cannot be trained satisfactorily. The nerve centers will be educated to receive and react to only one kind of thought vibrations produced by a concentrated state of mind.

According to the Hatha Yoga, breath-control plays an essential part in making proper mental patterns. The level of activity of the medullary respiratory center is the measure of the level of the activity of the mind. Thus, by a specific alteration in breathing, we can influence the mind. The first step of the exercise is to build a mental attitude in which the inner self really believes that he has a healthy body. This thinking, in time, will be converted into sound conviction. After making one mental pattern perfect, proceed to make another. In this manner your whole mental and emotional make-up can be gradually altered.

## CONTROL OF TUBERCULOSIS

'Organised' Home Treatment

Major-General G. C Jolly's Broadcast

All over India anti tuberculosis schemes are being formed and tuberculosis institutions are springing up under the stimulus of the new movement. The Central Association, through its Medical Commissioner, is rendering technical help in the development of the various local projects, and is arranging that the experiences of each part of India become available to all others.

"The policy now advocated by the Association as a useful step that can be taken at the present stage of development, lays emphasis on the control of tuberculosis by *organised home treatment*. It is no use closing our eyes to the fact, until such time as India is able to build up and maintain tuberculosis institutions on the scale in which they are maintained in western countries, the treatment of the vast majority of tuberculosis patients must be carried out in the home and preventive measures should be taken. But it should be "organised" at home and preventive measures should especially be introduced in those homes in which there are open cases of tuberculosis. It is fully realised that this policy is not the ideal one but it is a policy based on the hard facts of necessity and the only one which from a practical point of view has any prospect of success for some time to come.

## Not ordinary treatment.

"While the main feature of the

scheme proposed is the stress it lays on control of tuberculosis by organised home treatment, it cannot sufficiently be emphasised that what is advocated is not ordinary home treatment as usually understood, which has had very little effect in the past in combating the disease. But it is 'organised' home treatment, organised from the point of the application of as much as possible of modern specialised treatment and prevention to thousands of homes, where at present patients are left alone without any treatment whatever and without any measures to prevent spread of infection.

"If this scheme of organised home treatment is to succeed, there are five main activities which must be carried out in association with it. The first is the establishment of modern well-equipped and well-staffed tuberculosis clinics. The second is the creation of facilities for the institutional treatment of selected patients who need special operations that cannot be performed in the clinics. Third, there must come into existence the closest possible co-operation between clinics and the great body of private practitioners, and, fourthly, there is the formation of Care and after Care Committees linked with both the clinics and the private practitioners. Lastly, there require to be established colonies on settlements for tuberculous ex-patients in connection with each large sanatorium.



THE INDIAN NATUROPATH

# THE PROBLEMS OF THE SEXUAL LIFE

Its Medical, Psychological, And Sociological Aspects

By Prof. Edmond Szekely

(Continued from page 74 of the Indian Naturopath for June 1940)

From a dialectical point of view the male organism represents 'thesis' the female organism represents 'anti-thesis' and their psycho-physiological union represents 'synthesis'

Everything in Nature and Society is developed through these different phases towards a higher synthesis which always represents a dynamic equilibrium.

Hence comes the following practical consequences:—The two most essential problems are knowledge of oneself and the choice of one's sexual partner. In order to achieve a balanced union to complete ourselves, we must first know ourselves from a psycho-physiological point of view so as to know who is the complete sexual partner we need and who is capable of completing us.

Here the most important thing is always an absolutely frank and objective analysis vis-a-vis ourselves and others based on all the realities of life. We must have a good knowledge and be conscious of what we can give and what we can receive.

And instead of forming ideals we must look at the other person in the light of the every-sided reality of life and instead of appearing such as we should like to be, we must show ourselves with the maximum possible frankness as we really are. In short, we must have objective and conscious frankness based on the realities of life.

From this point of view we must recognise that contact between the sexes to-day is more healthy and real than in past periods. But it is not yet sufficiently so.

We must realise that love is the most many-sided activity in life. It is a science, an art; it is at once reality and fantasy. It is based on the experience of all the senses and organs in form, colour, melody, perfume, feeling, thought and intuition. In short, love is an artistic creation which has its own laws in the same way that painting and music have. The first and most important of these laws is the law of individual development. Only that love relation can remain permanent and harmonious in which both individuals secure and realise the pre-conditions of individual development of both parties. Where these pre-conditions and possibilities are lacking love must die sooner or later. The law is equally valid even in relations of friendship, because evolution exists as a principal end not only in Nature and Society but also in individuals. Love is the most powerful means of realising individual evolution. So first and foremost it is always individuality and personality which count.

It is always this individuality that we love. The greatest document in proof of our thesis is that individuality and love appeared simultaneously in the history of humanity. During the prehistoric periods of primitive races when differentiation did not exist, love

did not exist either. All the men lived a sexual life with all the women - there was community of the sexes - in an exclusively physiological way. It was only later after the occurrence of individual differentiation that individual choice of a sexual partner appeared. So love is the most many-sided form of individual evolution through the harmonious completion of oneself.

The second principal law is *the law of activity*. Where one of the two partners does not change but remains passively always at the same psychological level, love cannot remain permanent. Static and unchangeable mechanisation are likewise fatal to love.

The relation of love must always be new as in a kaleidoscope where all the colours are continually changing with a constant and inexhaustible richness notwithstanding that the kaleidoscope always remains the same.

Reciprocal individual development within marriage can be permanent and harmonious only if both parties reflect all the wealth, all the nuances and all the values of human life and culture. In accordance with the psychological law, the more one gives within marriage, the more one receives.

We can therefore draw the final conclusion that sexual equilibrium and harmony in love are possible; but not easy of attainment.

It is very difficult to find them in ourselves and impossible to find them elsewhere, because what we receive depends on what we give. So in final analysis our happiness always depends much more on our inner qualities than on all other factors. This is so because sexual equilibrium can only exist

where there is general equilibrium in all aspects of our life.

And so harmony in love and in sexual life belongs and will always belong to a minority consisting of the aristocracy of will and intelligence, which has the capacity of consciously solving all the problems in life in their successive order of importance. Our greatest moral duty is to do all we can to make this minority always more and more numerous until it becomes a majority when harmony in life can belong in a higher society to the whole of humanity.

(1) What is your view about "free love"?

According to dialectics free does not mean sexual chaos and irresponsibility. Love is an integral and concentrated activity and demands the totality of our energies; it does not tolerate dispersion.

From an exclusively physiological point of view it is perfectly possible for a man to live with several women simultaneously or vice versa. But the laws of psychology do not tolerate this dualism of the psychological energies and inevitably take their revenge in the form of various kinds of psycho-physiological disequilibrium.

The psycho-physiological constitution and mechanism of the man enjoins monogamy from the point of view of simultaneity. Naturally this does not mean that one cannot change one's sexual partner during life, as this would be anti-dialectical dogmatism and slavery. We are only forbidden polygamy *at one and the same time*, in other words to live sexually with several persons simultaneously. As far

as change of sexual partner is concerned the most decisive directive should be the assurance of the precondition of individual development and not external or secondary factors, because first and foremost sexual harmony is the greatest moral duty owed by the individual to himself. Naturally one cannot ignore other factors completely since they are not a negligible quantity in the dynamic totality. It is necessary to harmonise in a dialectical way with the greatest care individual evolution, sexual freedom and omni-lateral responsibility.

Freedom of love is not chaos and irresponsibility, but simply consists of the following truth: Love ought to be determined exclusively by its own internal factors and should be in no way influenced by external factors (economic factors, dogmas, prejudices).

(2) What are the psychological consequences of the difference in the erogenous zones of the two sexes?

The most important consequence is the following:—Man who has physiologically a single central erogenous zone has psychologically a single important need "sexual possession and the certainty that he has the love of his sexual partner." The woman, on the other hand, who has superficially scattered erogenous zones, not only needs the certainty of her partner's love, but also needs always and everywhere a series of external manifestations of tenderness and affection on the part of her sexual partner.

This is also a very important psychological law and one unknown to the majority of men. Little details and superficial habits very often play a very important part in the relation of love and they can sometimes even

become decisive factors in their psychological consequences.

(3) Are there other important factors in the difference between the erogenous zones of the two sexes?

There are many; we have only touched on the most important being limited in time and space. For instance, knowledge of the increasing and diminishing graphs of the intensity of feminine sexuality between two menstruations etc. is another of great importance.

(4) Can complete satisfaction of one person exist without satisfaction of the other?

No. In the act of coitus the two psycho-physiological organisms become a single dynamism of the nerves and each privation of satisfaction in one person reacts also on the other.

(5) Is it a right conception that "love does not exist at all", being merely a fanciful creation of literature and the arts?

This is like statements of deaf people about the Fugues of Bach. Incapacity for living or understanding something does not mean that the thing does not exist. Just as in society each fundamental material or economic activity has its ideological structure, so in life each human physiological activity has its psychological superstructure. So from a dialectical point of view love is the psychological superstructure of the physiological sexual union.

(6) Can sexual harmony exist without one's being conscious of all these psycho-physiological laws?

The answer is a categorical No! If we cast musical notes into the air haphazard, they cannot fall down in the musical order of a Beethoven.

## THE INDIAN NATUROPATH

Symphony, without the conscious and synthetic activity of a Beethoven.

In the same way sexual harmony cannot exist in the midst of the play of hazard, in the midst of the blind forces of sexuality. Instead of being dominated by these forces we must master them. This is only possible through conscious activity. These laws are as old as human individuality itself and have been applied more or less completely, but always consciously, through every period by all those who have achieved sexual harmony.

From this point of view we of the West lag rather far behind: the real many-sided masters of sexual harmony are already to be found in the past in East in possession of much dialectic, having for instance, a detailed knowledge of the influence of colours, sounds, perfumes, etc. on sexuality.

The lesson to be drawn from all this is that unconsciously, without knowledge of these laws one can only realise a momentary passing harmony doomed from the start to disappear, but not true permanent harmony. This question deserves to be reflected on as Dante says in his "Inferno":—"There is no greater sorrow than to remember happy times in misery."

(7) Can permanent equilibrium exist in spite of the fact that there is continual change in the factors of life?

Equilibrium must always be dynamic and never static. For instance, a statue has a static equilibrium which can be very easily upset - by an earthquake for example. Whereas a ship out at sea has a dynamic equilibrium and in spite of its never being in static equilibrium

dynamically it always preserves a tendency towards dynamic equilibrium, and never lets itself be over-turned by wind and waves. We need the same dynamic equilibrium in life and particularly in sexual life. This is realisable with certainty but also with difficulty.

(8) What is the most recent psychological trend since Freud and Adler?

The most recent direction is dialectical psychology which regards life as the every-sided and dynamic unity of the organism and the consciousness in its adaptation to its triple environment:— nature, society and the individual self. In sexual life it is the third milieu — individuality — which plays the predominant part.

(9) What is the role and importance of environment?

In the relation of love, one partner represents the environment of the other and vice versa, that is to say in this way one represents for the other the whole of his or her sex as the case may be. There is therefore a great responsibility placed on them vis-a-vis themselves from a psycho-physiological point of view and vis-a-vis both sexes as a whole from a moral point of view.

(10) What is the role of psychological and social difference in sexual life?

Naturally the fundamental psychological differences between the two sexes and professional differences in social life etc. result in numerous laws of very great importance and consequences of very great importance in sexual life.

## THE INDIAN NATUROPATH

95

We cannot here enumerate them or go into them in detail. Our precis does not claim to be complete. It is intended to make people think about the general problem and to serve as a guide for individual application.

(11) How can one apply concretely these general laws?

The work of applying them concretely belongs to a specialist in psychology with a many-sided practice and rich experience.

According to dialectics, there are no abstract verities, there are only concrete realities. It is only a specialist who can provide a concrete solution on the basis of concrete analyses.

(12) How can one realise this diagnosis and therapy without knowing personally a specialised psychologist?

Personal acquaintance is not important. The most essential thing is to attach importance to the acquisition of sexual balance, secondly frankness, thirdly to be without prejudices and lastly to have the intelligence to formulate all one's personal symptoms clearly and exactly. One must make

one's partner achieve the same thing and simply send the results to a specialist without knowing him personally and even, if one wishes, without giving one's name. If the specialist really possesses the dialectics of his speciality he will send concrete directions about cure and diagnosis. After that one only needs one thing - the will to carry out the instructions received.

(13) What importance has the solution of the sexual problem?

The importance is very great and many-sided. An unbalanced sexual life absorbs and paralyses all our energies and hinders us in all our activities - individual, professional, social and moral. So it is a permanent source of inharmony.

On the other hand, solution of the sexual problem liberates all our forces and energies, increases our every sided vitality and activity and serves us as a permanent source of harmony and energy. The young generation in sexual misery is an unbalancing factor incalculable and of no social value, while a new generation which has realised its sexual freedom and balance becomes the creative and dynamic basis of society.

## BOOK REVIEWS

**Vital Facts about Foods** By the late Otto Carque. Published by his wife Mrs. Lilian Carque. Copies can be had of Carque Natural Brands, Glendale, Inc. California, U. S. A. Cloth cover \$ 1.50. Paper Price \$. 1.

There are numerous books now on the subject available in the market. Many attempts have been made by different authors to exhaust the subject; but failed. This is also a similar attempt but this author has aimed at a very vital part of the subject and so the name 'Vital Facts about Foods' is appropriate. He says that the organic mineral elements are the most important part of the food elements and that

the same are available in abundance in fruits and vegetables; and in the outer coatings of all cereals and legumes. The same slogan is preached through the columns of our journal over and over. The other important feature of the work is, he differentiates the acid-forming and acid-binding elements of which the acid-binding substances are said to be the most nutritive and health building substances.

## THE INDIAN NATUROPATH

while the former are destructive to a perfect health.

The language of the work is lucid and the lay public may very easily learn the vital facts about foods. We commend the work to our readers.

**Vaccination Scourge Exposed:** by Dr. M. K. Pandurangam, Director, Yogic Cure, Health centre, Madras, etc.

Published by Bliss Cult Colony, Ambattur, R. S. near Madras

**Cost As. 4.**

The book contains 112 pages of solid matter based on up-to-date scientific knowledge, in the exposition of the scourge of Vaccination; besides an elaborate introduction of 12 pages by the author.

Dr. Bhishagratna A. Lakshmi-pati, B. A., M. B & C. M. has written a foreword in which he observed that he had evidence that death of a child was directly traced to vaccination. He cites cases, in which irreparable harm was the result of injections and condemns, in the end, the state being a party to these licensed murders.

The book contains very useful matter for those that have got any doubt as to the harmfulness of vaccination. The author views the subject from various view points and objects the same scientifically, politically and economically. We commend the little volume to our readers.

**Baths:**—By S. J. Singh, M. A., B. Sc., N. D. Principal, English Naturopathic College and Hospital, 57 Gwynne

Road, Lucknow. Published by 'The All India Nature Cure Association,' 57 Gwynne Road, Lucknow. Price, As. 12. Pages 90.

The author is a naturopath from a very long time. He has compiled almost all the hydropathic prescriptions in a single book. He has included in this book all the hot and cold water applications besides a few electrical applications. The book contains useful readable matter of scientific interest and we do not hesitate to recommend this book to every novice of nature cure.

**Gems of Health, Part I.** [Compiled and published by Dr. Jata Shankar Nandi N. D. (New York) N. D. (Bezwada etc.), Health Home, Sabarmati, Ahmedabad. Price As. 12. Pages 237.

This book contains the first half (500) of the 1001 Gems of health in this part. Readers of the Indian Naturopath were reading a series of health gems contributed by the author to the Journal. He had practically compiled a number of creamy sayings from many experienced health advisors and doctors of various systems of medicine.

The sayings are really gems as they contain the Principles of Health and Hygiene by following which one can lead a healthy robust life for a very long time.

An exhaustive analysed contents is appended at the end of the book. We strongly recommend this book to every one of our readers.

By B. S. GOPALA RAO, N. D.  
Rajamundry.

and Rs. 3.8 to Subscribers,  
24-5-1940.

## UNIVERSAL UNCOOKED FOOD

Price Rs. 4.

REVIEW FROM THE "MAHRATTA" dated 24-5-1940.

The cooked food has its own dangers. Vitamins that are found in their best conditions in a natural state, undergo a change when heat is applied to them.

The writer has considered the problem of uncooked food from all possible angles of vision. The quality of food more often induces character. Therefore the problem of food selection is indeed grave to make demands on our minutest attention. The exposition of the argument is simple and convincing. Barriers of jargon are not erected by the author to obstruct the path of the reader in following the argument.

# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are :

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [S. India].

In particular,

[a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

PRICE Rs. 20

JUST PUBLISHED

POSTAGE EXTRA

# Human Culture & Cure

By  
DR. E. D. BABBITT

WE are glad to announce  
that the printing of the above book  
is now complete, and the bound books  
will be sent to the Subscribers of the  
same on 15th August 1940

*The pre-publication price of Rs. 10 is now withdrawn.*

Part I	Philosophy of Chromopathy and apparatus.
Part II	Sexualogy and Sociology.
Part III	Psychology and Mental Healing.
Part IV	Nervous system and Insanity.
Part V	Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth.

For detailed prospectus  
apply to:—

The Chromopathic Institute,  
Andhra Grandhalaya Press Buildings, BEZWADA.

Printed & Published by Dr. P. Venkatramayya, N. D., D. M., Genl. Secry. I. N. A.  
at the A. G. Press, Bezwada.

CC-0. In Public Domain. Gurukul Kangri Collection, Haridwar

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL &amp; SPIRITUAL

Editor: Dr. P. VENKATRAMAYYA, N. D., D. M.

CONTENTS

	page
Editorial	97
Presentation of a Purse to Dr. Sarmas	99
Dietetics in Diabetes	101
Insulin — A will O'the Wisp	102
— Tonsil Clinics and not Tonsils Should be Extirpated	105

Digitized by Arya Samaj Foundation Chennai and eGangotri

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$ 2: Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie ?
- What is the principle of Temperamental harmony between man and woman ?
- How can you contribute to the building up of a superior human race ?
- What temperamental couple can lead a perfect happy life ?
- How can you modify the temperamental influences of a wrongly united couple ?
- What are the three fundamental methods of human up-building ?
- How can you remedy sexual waste ?
- How can you control the sex of your offspring ?

Price Rs. 2 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings :: BEZWADA.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$. 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — September, 1940

No. 9

## EDITORIAL

### TRIMMING THE WASTE

In these days of war every family is desirous of retrenching its expenditure. Expenditure ought to be retrenched in such a way that it does not much alter the vital condition of the family.

Retrenching one's health-giving items and maintaining the showy, airy conditions is worse than foolish. In the history of one of my friend's thirteen years earning career, he told me that he never spent even a copper on his fruit item. When he had an attack of T. B. I could not induce him to take more than four or five fruits a day, for, he had no liking for them. He had got hunger to consume one pound of cooked rice along with as much other ingredients. With my talent and efficiency, I could not sufficiently alkalise his system and restore him to normal conditions.

People often indulge in eating costly candies and sweet-meats and neglect the cheaper and health-giving articles of food. They spend more money on articles which increase the acid percentage in their tissues than on things that alkalise the system and maintain perfect health in the body. It is always wise to retrench the expenditure of fuel and maintain or

increase the expenditure on water because it is water that can cleanse the body externally and internally. It is always beneficial to increase the expenditure on fruit and if one is not sufficiently rich, the expenditure on vegetables. The cost of showy dress may be trimmed and simple, plain, cheap, minimum clothing may be replaced with advantage.

The wasting of ghee and oils in frying of food articles is an inexcusable crime from the view point of health as well as economy. All articles of food fried in ghee or oils loose their nutritious qualities and become practically food-less foods. The cooking of vegetables just to make them soft and eatable is all that is needed in the act of cooking.

It will lessen your expenditure if you create and nourish the taste for uncooked salads to be taken along with or without your principal meal. It will decrease your craving for the items of the coffee hotel tariff. One gentleman of high standing and of course well educated, once told me that he was retrenching his expenditure in eliminating the subscription for the Telugu health monthly 'Prakriti'. In so doing he practically closed the doors of his family to the details of health and

hygiene. After two years, one of his sons had an attack of T. B., the other is suffering from Anemia and a third from Pyorea. It happened that I made a casual visit to their house. They showed me the patients. Had they been in touch with the dinning propaganda carried on through the columns of 'Prakriti' all these days and had they been patient enough to follow it, there would not have been these three diseases baffling in the family. The buying of health literature and attending health lectures even if they may cost a little amount of money, the acquisition of the knowledge will highly increase your health and thereby your wealth. Any expenditure made on such productive purposes such as health is immediately needed and should not be eliminated from the budget. Protection against disease is another inevitable item of expenditure failing which we will have to pay many times the item in the shape of doctor's bills. If you wish to retrench your expenditure on such doctor's bills you have no other means than to resort to the acquisition of health knowledge and strictly adhere to it. Not only yourself but

every member of your family should be well supplied with literature dealing with the common sense rules of biologic living. It will relieve you not only from the burden of the doctor's bills but much worry and anxiety will be averted, and much time gained for increasing your income.

Money spent on sport for the children and on physical culture for the adults forms the main item of expenditure for protection against disease and insurance against premature old age and death. Money spent in this way helps you to be healthy and efficient and enhances your power to increase your income. So, no family should trim their expenditure in this direction.

Living in ill-ventilated houses is considered to be another way of saving money. This saving will spoil the health of the family and lessen the earning capacity of the members of the family. It is bad economy and any intelligent manager of the family will easily learn that he should not trim the expenditure in that direction.



## Presentation of a Purse to Dr. Sarma

K. LAKSHMAN, B. A., B. L., N. D.

in Commemoration of his 'Shashtipurthi'

The Sarma Shashtipurthi commemoration committee in Pudukottai convened a public meeting for the purpose of presenting a purse to Dr. Sarma K. Lakshman as a token of public appreciation of his selfless services for the cause of Naturopathy in this country, on Monday the 19th August. M. R. Ry. Rao Saheb A. G. Krishnaswamy Aiyer Avl., Retd. Deputy Superintendent of Police presided over the occasion.

The meeting began with a prayer. Then the secretary of the committee Mr. P. S. Visvanatha Aiyer, Chief Court Vakil, read the following report :—

"On behalf of the commemoration committee I have the honour to bid you, Sir, and the assembled guests a most hearty welcome. We are assembled here today to honour a worthy and distinguished countryman of ours whose 'Shashtipurthi' celebrations we had the fortune to witness recently. Dr. Sarma K. Lakshman, whose selfless services for the cause of Nature-Healing we are met to cherish tonight, is a rare personality in many respects. A man of vast erudition and high culture, Dr. Sarma perceived early enough that erudition and culture were of little avail unless they were harnessed to some great and divine purpose bound up with service of humanity. He accordingly set himself to study the problems of health and disease and probe the mysterious causes and conditions of life that accounted for the health or otherwise of individuals and communities. He soon came to the conclusion that many of the maladies from which men suffered were avoidable and largely due to unscientific and

unnatural modes of living. He did not simply stop with making this discovery, but felt his mission to propagate it and make the message of health go home to millions of his countrymen. With characteristic dynamism of thought and energy he wrote and published standard books on the new science of healing and its possibilities for the relief of the sick and suffering humanity. And if the educated section of our countrymen responds today to the significance of the new movement in the medical world that goes by the name 'Back to Nature', and if the world of orthodox medicine is alive to day to the contribution to healing made by the new movement it is due in no small measure to the great and pioneering efforts of our most esteemed guest who has counted no sacrifice too great for the achievement of his life's purpose.

It is therefore natural that the friends and admirers of Dr. Sarma who believe in his work, feel it proper that a token however small it may be, should be presented to him in connection with his Shashtipurthi celebrations. They have accordingly resolved to present their humble respects in the form of a small purse to be utilised for the furtherance of the cause of Nature-Healing which is dearest to Dr. Sarma's heart.

The committee deem it a particularly auspicious circumstance to have secured the presence of our esteemed friend on a happy occasion like this. Sri A. G. Krishnaswamy Aiyer is a worthy citizen of the state and has won the esteem and affection of the public. I have therefore extreme plea-

sure on your behalf and myself in requesting him to guide the proceedings of this meeting and bless the objects for which this meeting has been convened.

The president then delived a speech in the course of which he said, "I feel it a great honour to preside on this occasion. I owe it to Mr. P. S. Visvanatha Aiyer who insisted on my taking the chair on this occassion. Firstly because, of my age, and secondly because of my love and regard for Mr. Sarma. He is an old friend of mine. The first time that I came in contact with him was when he played to perfection the part of Mock Doctor by the French dramatist Moliere in the college Theater Hall. He was simple, natural and affecting and it was impossible to improve on the manner in which he played his part. I was greatly impressed and I made immediate enquiries and learnt that he was the son of the late Mr. P. Krishna Iyer who organised the Pudukotah Police in the year 1875.

"Mr. Sarma was well spoken of by his teachers and professors. Some years later when I happened to visit Kumbakonam to pay my respects to the Late Sir A. Seshiah Sastriar, I happend to talk to him about Sarma. Sir S. Sastriar had formed a very high opinion of him and he said that Sarma was a well read young fellow and wrote English like a ripe scholar. His reputation has since grown from more to more and even now I am not sure whether there are many in this part of the country who can write English with greater ease and felicity. He has become an adept in Nature-Cure to which he has taken and his reputation is not only international but intercontinental. He is a man of great talents and great virtues. Once he takes to a thing he does it to perfection. I hear that there are men and women in America who have read his

books with interest and profit and taken to the practice of Nature-Cure.

After taking his degree in law, he set up practice in Pudukotah as a lawyer but in course of time he discovered that he was not destined to succeed in that profession. So he gave it up and took to nature-cure. He had made an intensive study of the subject. I am not sure whether the profession has paid him well. In fact, he does not count his success in terms of Rupees, annas and pies. His wants are few. And he is quite content when he gets enough to make both ends meet. You are aware of saying that 'contentment is the philosopher's stone.' And Mr. Sarma has discovered it. He has travelled far and wide and visited distant places in the north and in Burma, to look after and treat many patients given up by allopathic doctors as impossible of cure and has succeeded in restoring many of those people to health and strength. The joy of his success in these cases is, in his estimation, worth more than all the money he could get.

"When the time came for the celebration of his shashti abda poorthi, some friends and admirers of him, took it into their heads to collect money for some object connected with Mr. Sarma's name. Only a small amount was subscribed but it has come from very willing quarters. This purse contains about Rs. 350. I wish I had Mida's touch. Did I possess it I would transmute all the silver here into gold and present it to Mr. Sarma. I may tell you that, if all that were Gold, Mr. Sarma is the last man to annex it all to Himself. With that exuberance of generosity, which is inherent in him he would set apart the larger part of it for the establishment of a sanatorium for such sick people as may seek his treat-

ment and appropriate; if at all, only a very small fraction for his own use.

"He is a man of great intelligence, high character and spotless integrity and one for whom I have great respect.

"I, presenting, on your behalf, this purse to Mr. Sarma I request that he will kindly accept it and I hope and pray that he may live many many more years even unto his second childhood and continue his labour of love for humanity."

Then the president presented the purse to the chief guest Dr. Sarma K. Lakshman. Mr. K. Panchapagesa Aiyer (Lecturer, H. H. the Maharajah's College) then spoke on the qualities of the head and heart of Dr. Sarma. He said that Dr. Sarma was against not only drugging of the body but also drugging of the mind. He then referred to the achievements of Dr. Sarma in the fields of Religion and Metaphysics. Then Mr. S. Viswanatha Aiyer, Chief Court Vakil and Mr. T. V. Seetharama Sastrigal (Vakil) spoke.

Then Dr. Sarma rose to reply. He said that they had been very partial in the matter of praising him for which he blamed them but said that he liked their partiality towards Nature-cure. Nature-cure is extremely simple and can be practised by everyone. Still very few people are fit to deserve it. Dr. Sarma said that he was not one of those who thought that in this world Nature cure alone must live. Every system has got its own purpose to fulfil. Just as there are (or have to be) different systems of Philosophy so there must be different systems of Medicine to suit different temperaments. They must at least see that the candle of Nature cure is kept burning for ever. He thanked them profusely for helping him to start a naturopathic sanatorium.

Mr. A. Mahalinga Aiyer proposed a vote of thanks. He also thanked the Durbar for having assigned a suitable site in the Name of Dr. Sarma for the Naturopathic Sanatorium. The meeting then terminated.

## Dietetics In Diabetes

Diabetes, a disease resulting chiefly from faulty nutrition, is steadily on the increase. The characteristic symptoms of this disease are obesity and the abnormal sugar content of the blood, frequently over 0.3 percent, which is three or four times more than normal. As a result of the large consumption of meat, sugar and white flour products, diabetes has become a common disease in the United States. We must not regard diabetes as a mere local disturbance in the function of the pancreas, but a sign of physical degeneration due to a highly acid forming diet. Diabetes is essentially a disease of physical degeneration to a highly acid forming diet and lack of physical exercise.

There are two forms of diabetes, one form is called DIABETES MELLITUS, which persistently contains a greater or less

amount of sugar, and the other form called DIABETES INSIPIDUS, where the urine is as great in quantity and frequency, but contains no sugar or any other abnormal ingredients. It is the sugar form of the disease, that is called Diabetes Mellitus or Glycosuria, that is the more serious and important ailment.

Until about forty years ago it was thought that diabetes was a symptom vaguely associated with diseases of the liver and kidneys, and with many other conditions, but during the last twenty-five or thirty years the disease has been attributed to disturbances of a degenerate kind in the pancreas, and more particularly of late, of certain specific areas of the pancreas called the Islands of Langerhans, which secrete the so-called insulin, essential for the digestion of sugar.

(From "Vital facts about foods" by Otto Carque)

# Insulin - A Will O'the Wisp

Insulin, now employed, is a fluid remedy injected directly into the blood stream and is supposed to have a beneficial effect upon diabetic patients. It is extracted from certain parts of the pancreas, a gland located in back of and slightly below the stomach. When this gland is removed from the animal and used as food, it is called sweetbread.

The word insulin is used to describe this fluid because the parts of the pancreas from which it is extracted exist in small bunches of cells, grouped together like little islands, and hence known as the "Islands of Langerhans." The remaining parts of the pancreas consist of tissues which produce liquid enzymes and ferments and which flow through a duct into the first part of the duodenum just outside of the pyloric opening of the stomach, where they mix with the gastric secretions and aid in the digestion of food. In making insulin, these parts of the pancreatic gland are excluded and only the so-called "Islands of Langerhans" are used. However this may be, the only difference between the work of Doctor Banting, who is the accredited discoverer of insulin, and earlier investigators consists in Doctor Banting's separation of the two.

Many medical men now admit that, up to the present, insulin can do nothing more than to only temporarily relieve the incurable defect of sugar storage after each injection, and careful and cautious doctors are gradually discontinuing the use of this dangerous nostrum. In fact, insulin has been completely abandoned and diabetic patients are now being treated by diet alone, without ever resorting to insulin or even referring to it.

There is some evidence for believing that diabetes is hereditary for it is found to attack several members of a family simultaneously and consecutively. Careful investigations will prove however, hereditary tendencies when they show themselves in any families, are the result of similar dietetic and similar living conditions

and circumstances. The great prevalence of the disease in our modern towns and large cities, where one hundred pounds of refined sugar per capita are consumed yearly when compared with ten pounds per capita consumed twenty-five years ago, is another proof that hereditary causes are extremely subordinate. When we add to these predisposing causes the additional fact that almost everybody living nowadays eats an excess of meat, concentrated sweets and starchy foods, we must conclude that the excessive use of these foods is in some way or another the direct cause of Diabetes Mellitus, and that other causes are only secondary or predisposing.

Dr. Rasmus Alsakar, a physician of wide experience, gives the following excellent advice in his "Monthly Health Review".

"We know from our own experience that the diabetics are leaning too heavily on Insulin. Surely you know that Insulin cures nothing. It does not help the patient to build a better blood stream and it does not help him to improve his general health. It often lulls him into a false sense of security so that he does nothing for himself. If a person with diabetes takes insulin and continues to live in the same old way, he will not live as long as he could. He will continue to develop more and more acid and his body will deteriorate from year to year until nothing more can be done for him. We have seen chronic insulin takers so anemic that they appeared to be made from wax, showing no color in the lips and very pale mucous membrane in the mouth. This is a dangerous state of affairs.

"Insulin does just one thing and that is to help burn the sugar produced from the digestion of one meal. Its effect is not noticeable more than a few hours. Then another dose of insulin has to be taken, with the body deteriorating all the time. We may repeat but we think we are justified because many persons look

## THE INDIAN NATUROPATH

upon insulin as a cure for diabetes when in truth it is only a palliative for a few hours. We would urge those readers who happen to be afflicted in this way not to lean on insulin. If they are using it now they should strive to reduce the dose and build up the general health through judicious living. We shall outline how this should be done:

"1. See to it that the elimination is excellent. We talk so much about the elimination that it may bore some of the old subscribers, but please be forbearing and remember that new subscribers are coming to us every month. The four great eliminating organs are the skin, the lungs, the kidneys and the bowels. We have just been explaining that with proper food and drink the kidneys will care for themselves. Diabetics should drink at least eight glasses or sixty-four ounces of water every day. They should see to it that the bowels move freely twice a day, or at the very least once a day. They should practice deep breathing until it is established as a habit. They should apply friction to the entire surface of the body once or twice every day.

"2. They should be in the open air as much as possible during good weather and they should ventilate thoroughly at night.

"3. They should not attempt any violent exercise, but they should take enough walking and exercise for the rest of the body to maintain a lively circulation.

"4. In diabetes the body is very toxic and the patient should not add to the poisons in his body by consuming tobacco, coffee, tea, and alcohol. Water is the best drink for them as well as for everybody else.

"5. The eating must be balanced. It is very essential not to give a person with diabetes excessive amounts of starches and sweets. We know that some professional men tell their patients to eat any old thing and take a dose of insulin and forget about it, but this is a very serious error.

"Our experience has been that diabetics can take care of some starch, but that

all starch does not react alike. We get much better results with baked potatoes than we do with whole wheat bread in diabetes, (Unripe plantains may be baked or cooked and taken with preference.) It is almost impossible to lay out a general diet for those suffering from diabetes because each case differs from all the rest. It is an individual proposition, but we shall attempt something that we know will be far better than the hit and miss plan of the majority. We are in the habit of recommending nuts in this ailment. They are easy to digest if thoroughly masticated and they do not contain enough starch to be objectionable, with the exception of the chestnut and cashewnut which are barred. Of course, we do not recommend peanuts, as they are legumes and not nuts.

"It is true that all fruits contain some sugar, but those that are low in sugar content can be used to good advantage, among them apples, pears and moderate amount of grapefruit. We would advise that these patients avoid such sugary fruits as grapes, raisins, figs, dates, prunes and thoroughly ripe bananas until the diabetes is under control. After that some of these foods may be used in moderation. We remember one of our patients who had an extreme case of diabetes. At first we took away from him all foods containing sugar and starch to exceed six per cent, but after he recovered he was able to eat potatoes, prunes and nearly all the fruits without any difficulty.

At first it is best to leave out of the feeding plan each starchy vegetables as parsnips, beets, peas, lima beans, butter-beans and carrots. Perhaps we should have called the beets a sugary vegetable, for it is the sugar in them that is objectionable. After recovery is made these vegetables may be used with discretion. Some of the permitted vegetables are Swiss chard, spinach, lettuce, celery, cucumbers, tomatoes, romaine, endive, cabbage, cauliflower, turnips, (snake-gourds, bottle-gourds, and ridge gourds, ash gourds) asparagus, onions, string beans and all other leafy vegetables that you can find in the market or in your garden. Tender young beet tops and turnip tops are excellent.

"Diabetics usually eat more meat than is good for them. Please remember that an excess of meat causes an acid body and that is a handicap in recovering. We have made a practice of confining the meat eating to one meal and permitting nuts in one or two meals. Nuts are far more nourishing than meat or bread and they really take the place of both, for they are rich in oil and protein."

**The Following Report is from the New York Times**

"Despite the widespread use of insulin, in treating diabetics during the last ten years, this disease claimed four times as many victims in New York City last year as it did thirty years ago, according to a survey made by public officials of the New York Tuberculosis and Health Association.

The survey recently was completed by Godias J. Drolet, statistician for the New York Tuberculosis and Health Association, for the Organization's research service. The actual figures show that 2,116 died from diabetes in 1932, compared with 503 deaths in 1901, a rise from fourteen deaths per 100,000 population to twenty nine per 100,000.

"This increase," Mr. Drolet explained, "has been almost wholly confined to women. In 1901 the 503 deaths were fairly equally divided between the sexes with 269 deaths among males and 234 among females. In 1931 a total of 633 men and 1,288 women died of diabetes.

In explaining this increase, Mr. Drolet said: "When the city's population doubles that of 1901, the deaths from diabetes numbered four times as many and the mortality of the female sex became twice among the males. In my opinion this increase among women is probably due to the noticeable release from physical labor and home drudgery, lightened by the

machine age, that the so-called modern woman of America enjoys. Diabetes is possibly a concomittant of reduced physical exercise throwing a greater load on the internal organs."

To evaluate properly the increase in diabetic deaths, special studies of the change in population were made. Not only the increase in population, but the change in the age grouping was accounted for, and standardized rates for each year of the thirty year period under scrutiny were prepared.

While the crude death rate from diabetes per 100,000 oioyktuib rose from 14.2 in 1901 to 27.1 in 1931, or nearly doubled, the standardized rate, taking into account growth and adjusted for comparison on the basis of a similar age composition, changed from 17.3 to 27.9, or truly rose by 5.8 per cent.

"Insulin, already at our disposal for more than ten years," said Mr. Drolet, "does not seem to be sufficiently effective in checking this rise. Although it has undoubtedly prolonged the life of many diabetic sufferers, it is obvious that greater efforts must be made on the preventive side. Insulin can only relieve the condition among those already suffering from diabetes. We must ascertain the true cause leading to this disease."

There are no specific foods or remedies necessary to cure diabetes, except a carefully selected diet of fruits and vegetables supplying the needful alkaline elements to eliminate the toxins from the system. The widely advertised gluten products and other "diabetic foods are worse than useless because they are acid forming. Saccharine, a coal tar product, is often used by diabetics in place of sugar, but in every instance the drug will prove harmful to the patient, as it will effect the normal function of the kidneys.



# Tonsil Clinics and not Tonsils should be Extirpated

From "Citizens Medical Reference Bureau".

Some idea of the extent of the wholesale cutting out of tonsils may be gained from the London letter to The Journal of the American Medical Association, published in its issue July 9, 1938, which states that "It had been estimated that 200,000 tonsillectomies were performed annually in this country and that the operation accounted for a third of all the operations with general anesthesia performed in the United States." Also The Journal of the American Medical Association in "Current Comment" in its issue March 16, 1940, states that "According to Public Health Reports 1,235,000 tonsillectomies are performed each year in the United States."

### Seventy-three cases of Infantile Paralysis reported following Adeno-Tonsillectomy.

In a communication published in The Journal of the American Medical Association, December 16, 1939, Harold K. Faber, M. D., San Francisco, directs attention to 73 cases of poliomyelitis (or infantile paralysis) after adeno-tonsillectomy cited in medical literature. He says:

### Poliomyelitis After Adeno-Tonsillectomy.

"The subject of poliomyelitis following adeno-tonsillectomy is one of such importance that I submit the following tabulation of cases from the literature as a supplement to Dr. Felderman's letter in your issue of October, 28. No case has been included in which the interval between operation and the onset of poliomyelitis was more than twenty-two days. The references will all be found in Stillerman and Fischer's paper

(Am. J. Dis. Child 56, 778 Oct. 1938) except the one to the more recent paper of Koskoff, Amshel and Lebeau (Arch. Pediat. 56:19 Jan. 1939). The recent cases reported by Ayer and by Aycock are mentioned by Stillerman and Fischer as obtained by personal communication:

	Cases	Bulbar
Ayer (1928)	...	9 9
Aycock and Luther (1929)	...	16 11
Silverman (1931)	...	5 4
Stillerman and Fischer (1938)	...	13 9
Aycock (1938)	...	2 2
Ayer (1938)	...	6 6
Eley and Flake (1938)	...	20 17
Koskoff, Amshel and Lebeau (1939)	...	2 2
Total...	73	60(82%)

"As Stillerman and Fischer point out, the proportion of bulbar cases in poliomyelitis after adeno-tonsillectomy is so much higher than in poliomyelitis generally that the chances of its being accidental are statistically negligible (fifteen in 10,000 in their own series, in which the proportion is lower than in the totals of the compilation given in the tabulation). There seems to be little doubt that the operation provides a portal of entry through the traumatized cranial nerves supplying the tonsillar fossa and the nasopharynx to virus already present in that region. The studies of A. D. Sabin (Experimental Poliomyelitis by the Tonsillopharyngeal Route, The Journal, Aug. 13, 1938, p. 605) give experimental support to this contention.

Harold K. Faber, M. D;  
San Francisco."

### Fallacy of Indiscriminate Removal of Tonsils.

Extracts from Article by Hobard A. Reimann, M. D. and W. Paul Havens, M. D., Philadelphia, entitled "Focal Infection and Systematic Disease: A Critical Appraisal," Published in the Journal of the American Medical Association, January, 6, 1940, P. 1.

"In a period between 1928 and 1931, one third of all surgical operations performed in a group of nearly 40,000 cases were for tonsillectomy. Glover, who has made extensive studies of the problem in England, estimates that 200,000 tonsillectomies are performed annually in England and Wales. It may be inferred that in many cases financial considerations play a role since the operation is three times as common among the well-to-do as among the poor. In Collins's study in this country the operation rate was about double in families with large incomes as compared with poor ones. If the procedure is to continue on such a scale there ought to be indisputable evidence of its value to justify it. Such evidence does not exist.

"There are no standards whereby one can judge whether tonsils at any given period of life are normal or not. In the usual sense of the term, tonsils are regarded as 'infected' when they are large, scarred, small, adherent, when the crypts are plugged with caseous material, or when various forms of streptococci can be cultivated from them. These criteria are unreliable. Tonsils such as those described are often present in otherwise healthy and normal people, as well as in persons with every sort of ailment.

"Numerous comparisons have been made between groups of children who have tonsils and those who

have not. In 1923 Hunt and Osman found that the number of recurrences of rheumatic fever was not reduced by tonsillectomy; in fact, recurrences were more common in those operated on. Other observers also found that recurrences are not reduced by tonsillectomy; Archer found that those patients who had had their tonsils removed were just as apt to have a preceding infection of the respiratory tract as those who still had their tonsils. Some observers suggest that enucleation or incomplete enucleation of the tonsils may even increase the susceptibility of children to rheumatic fever. It is pointed out, however, that one is apt to find a higher incidence of rheumatic fever among tonsillectomized persons because of the routine practice of tonsillectomy for the disease. The studies of Kaiser and of Ash are of particular importance. Both were unable to show a significant reduction of the initial infection, recurrence or subsequent heart disease in tonsillectomised children, although Kaiser advises the operation as a prevention against recurrence because of the slight apparent advantage (2 per cent) possessed by tonsillectomized children.

"In the face of much evidence to the contrary, reports occasionally appear claiming beneficial effects from prophylactic tonsillectomy, but it is noteworthy that these studies are insufficiently controlled or not controlled at all.

"Harmful effects of Tonsillectomy—It is often stated or implied that tonsillectomy is a harmless and safe procedure. This is not always the case. It is true that published statistics often show a surprisingly low mortality rate as a direct result of the operation, but in many instances the patients are not followed for

more than a few days after operation. It is known that many cases of pulmonary abscess never come to the knowledge of the surgeon; some of them are recognized months later by another physician. Published statistics usually originate from large well equipped hospitals or from the hands of surgical experts. The final conclusions no doubt would be far different if one could learn the results of tonsillectomies performed by novices or by the inexpert. It is not uncommon for internes to perform the operation during the rush period on 'tonsil days' in certain hospitals. Further more, although it is often asserted that the death rate from anesthesia during tonsillectomy is exceedingly low, in 1924 there were 474 deaths from anesthetics 16 per cent of which were given for tonsil and adenoid operations. The subsequent years have no doubt brought about improvements to technic to reduce these accidents but the danger remains. The Registrar-General's Statistical Review from England for the year 1931 to 1935 gives enlarged tonsils and adenoids as the cause of death of sixty children, while 513 deaths resulted from tonsillectomy. It is estimated that eighty five deaths occur annually as a result of tonsillectomy in children under 15.

"In discussing the etiology of pulmonary abscess, Norris and Landis list operations in the nose and throat under general anesthesia, particularly tonsillectomy, as first among the most frequent causes. From 40 to 60 per cent of lung abscesses follow tonsillectomy and other oral operations.

"Tonsillectomy, like extraction of teeth, may lead to temporary bacteremia, and in certain cases to a subacute bacterial endocarditis. Nesbit recorded the development of complications in 7.5 per cent of children operated on as outpatients and in 2.2 per cent of private patients. Numbers of cases of polimyelitis have developed shortly after tonsillectomy. Numerous other conditions, diseases and relapses may be precipitated by tonsillectomy.

"It is generally admitted that occasional improvement does occur after operation on supposed infected areas, and many physicians are able to recite their own experiences of prompt relief of this or that complaint after the extraction of a tooth or after tonsillectomy. Such examples suggest, but by no means prove, an etiologic relationship. One can never be certain whether recoveries, especially specular ones, occurring often a few hours after operation are not partly due to faith, chance, coincidence of spontaneous cure to non-specific factors, or whether the same degree of improvement might not have been brought about by less drastic or less dangerous methods. The old dictum 'after it, therefore because of it' should not mislead one. It is probable that the occasional recoveries which occur are equalled or even outnumbered by instances of immediate or delayed harm which may follow operative procedures in the form of hemorrhage, septicemia, lung abscess, other grave systemic disease and even death, as discussed previously in this paper. One more easily remembers prompt successes than delayed failures."....."



THE INDIAN NATUROPATH

Naturopathic Hospital

Mutyalampad Road, Satyanarayananapuram, Bezwada.

The hospital is established outside the town (Bezwada) in a mango grove where Nature is gifted with pure air, beautiful scenery, fresh water, clean ground and fertile soil.

The patients are encouraged to live naturally and they feel gradually improved day by day in their health and strength. All kinds of human

ailments are treated through Natural methods of healing, viz. Hydrotherapy, Chromopathy, Dietotherapy, Fasting, Massage, Exercise, Psychotherapy and other branches of Naturopathy.

For particulars apply to :—

Dr. K. A. N. SARMA.  
Manager.

---

Vaccination - Disgraceful stain to Medical Science.

"The use of Vaccination, and the whole method of prevention of illness by rendering a healthy man ill, is a disgraceful stain on the record of German Science. Many chemical mixtures are, with diabolical shrewdness, prepared by Marxist Scientists and disseminated by Jewish manufacturers which only serve to weaken the blonde race".

National - Socialist Health.  
(Nurumberg)

---

This extract is taken from 'Universal Digest' Bombay, July 1940.

---

---

BOTTLES & CORKS

P. S. DUTT & BROS.,

Manufacturers and Importers of all kinds of Bottles, Phials, Corks and Capsules etc., etc.,

8, Ezra Street, Calcutta. Telephone - Cal 2133.

Factory : JAYANTI GLASS WORKS, Ltd., (CALCUTTA)

---

# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [ India ].

In particular,

[a] Through the medium of books, journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

PRICE Rs. 20

JUST PUBLISHED

POSTAGE Re. 1-4-0.

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce

that the printing of the above book  
is now complete, and the bound books  
will be sent to the Subscribers of the  
same shortly

*The pre-publication price of Rs. 10 is now withdrawn.*

- Part I Philosophy of Chromopathy and apparatus.
- Part II Sexualogy and Sociology.
- Part III Psychology and Mental Healing.
- Part IV Nervous system and Insanity.
- Part V Diseases of organs and Cure.

578 Pages

150 Illustrations

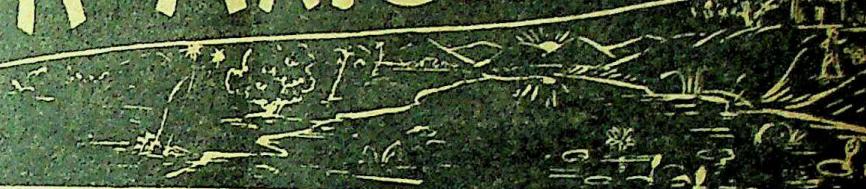
Printed on heavy antique paper and bound in cloth.

For detailed prospectus  
apply to:—

The Chromopathic Institute,  
Andhra Grandhalaya Press Buildings, BEZWADA.

Printed & Published by Dr. P. Venkatramayya, N. D., D. M., Genl. Secry. I. N. A.  
at the A. G. Press, Bezwada,

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL &amp; SPIRITUAL

Editor : Dr. P. VENKATRAMAYYA, N. D., D. M.

CONTENTS

	Page
Who are Quacks ?	109
Pathological Necessities	114
Thermometer, Stethoscope & The X-Ray	118
Conditions for Co-operation with State System of Medicine	120

Digitized by Arya Samaj Foundation Chennai and eGangotri

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers** and Members of I. N. A. should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$2: Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie ?
- What is the principle of Temperamental harmony between man and woman ?
- How can you contribute to the building up of a superior human race ?
- What temperamental couple can lead a perfect happy life ?
- How can you modify the temperamental influences of a wrongly united couple ?
- What are the three fundamental methods of human up-building ?
- How can you remedy sexual waste ?
- How can you control the sex of your offspring ?

Price Rs. 2 only (Excluding Postage)

Published by :

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings :: BEZWADA.

CC-0. In Public Domain. Gurukul Kangri Collection, Haridwar

N. B.— Those who buy Human Culture & Cure need not go in for this book, as this is

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, 0

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — October, 1940

No 10

## WHO ARE THE QUACKS

By William Howard Hay, M. D.,

(Dr. Hay was the founder of the famous Hay System of Dietetics.)

What is a "quack"? Medically speaking a quack is everyone but us, the regular school of medicine. No one, not a graduate of modern medical school is free from odium of quackery, from the regular, classical, orthodox standpoint. Is not this true?

Let us put the definition of quacks a little more broadly, not limiting it to outlaw cults. From the broader viewpoint a quack is anyone who pretends to be something which he is not, or one who is not able to do what he claims to do, especially he takes money for this pretence.

From this broader view how many of us are there who can escape the suspicion of quackery?

If we should tell the absolute truth as we see it, how often would we be compelled to say to a patient: "I do not know what is the matter with you, and not knowing this, I am in no position to treat you intelligently."

If we were honest how many patients would we have? They would all leave us for the quacks, and we would be left holding the bag, as it were. We know this, and all unconsciously we are compelled to assume an air of wisdom and pronounce judgment on maladies for which we are consulted, well-knowing, that if the case

escapes us and goes to someone else our prestige is in danger, for it is a well known fact that if a case is not perfectly plain (and most cases are NOT plain), should such cases go to a hundred different regular, well-informed physicians he would get nearly as many different diagnoses, and still more different plans of treatment.

We know this, I say, and we unconsciously protect ourselves by assuring the patient positively that we understand his condition very well, in order to make sure of this unfailing confidence in our enlightened judgment.

Are we quacks for this deception? How can we escape the imputation? Who is to blame for this position in which we find ourselves? Is it our fault or that of human nature as expressed in the patient? No doubt, both, for, while we are to blame for allowing ourselves to be placed in the position of arbiters on disease, about which we do not know very much, yet, so also is the public to blame, for being so silly as to think that the mysterious thing we call disease can be reduced to exact formulae.

The fathers of medicine made what they were pleased to call discoveries, that certain drugs produced certain symptoms if taken into the interior of the human body, and with these discoveries they proposed to combat the symptoms of disease.

This was originally a theory, and in the very nature of things never can be anything but a theory, for the internal processes of the body in health or disease, are not and never will be fully understood, the vital processes not being subject to exact analysis; and while we may learn much of the internal chemistry of the body, and discover experimentally many things of interest in the functions of the various organs yet we never can analyse the vital machinery in action, and the sooner we drop this pretence of exact knowledge, the better it will be for our prestige.

Fully a third of the population of the U. S. has ceased to depend on regular physicians for advice or treatment of their various diseases, perhaps because they are beginning dimly to realize through many disappointments the fallibility of classical medicine. Who can tell?

A QUESTIONNAIRE issued to seven thousand people recently disclosed the fact that less than ten percent of them were unqualifiedly loyal to medicine, more than ninety per cent admitting their allegiance, partially or wholly, to Christian Science, Chiropractice, Osteopathy, Naturopathy, Mechanotherapy, or other cults.

"Quacks", we sneer, yet we must admit the falling off in our former supremacy in the treatment of disease. This is a bitter admission, yet if we are honest enough to face the truth, we should look this thing fairly in the eye and demand to know why this deception.

A few years ago, surely not more than three, Sir James McKenzie, of St. Andrews, Scotland, quoting in the London Times, from the London Lancet, said in effect that to diagnose a gastric ulcer, gall-stones, appendicitis, tumour, is not diagnosis in the strict sense of the word, but merely naming a prominent symptom, denoting the point of convergence of the cause of the diseased condition, but to say why this man is sick, to tell how and why he has departed from health, is not possible to him, in this wonderful clinic, in more than ten per cent of the cases, and Dr. Mc Kenzie says that even this is not diagnosis at all.

Sir William Osler, late Regius professor of Medicine in Oxford, quoted the immortal Voltaire as saying: "We put drugs of which we know little, into bodies of which we know less, to cure disease of which we know nothing at all."

Quacks, just plain quacks, whether we are willing to admit it or not, for are not we doing the very things for which we condemn those whom we are pleased to call by this opprobrious name?

In 1857-63 Antonie Bechamp announced his microzymian theory of fermentation, which he was pleased to say was also the theory of the beginning of the disease, recognizing the germs as metamorphoses of the mycrozyma for biochemical purposes.

Pasteur, a contemporary of Bechamp, not a physician, but a chemist or rather an apothecary, attributed to the germs, these mycro-organisms developed from the mycrozyma of Bechamp, the role of invader, believing that because they were ever present in disease, certain germs being supposedly always present in certain diseases, that therefore they cause these diseases.

Bechamp was a scientist, Pasteur an advertiser. Bechamp was so absorbed in his researches that he contended himself with occasional reports to the academy of Sciences while Pasteur went to the public with every thing he discovered, creating a popular following that acclaimed him a scientific genius.

Much of his work was plainly cribbed from Bechamp without credit, and interpreted to suit his purpose, which was to build up a huge market for germ destroyers.

Bechamp died poor and unknown, outside the Academy; Pasteur in almost affluent circumstances, acclaimed by the scientific world as a great benefactor, and mourned yearly since his demise.

This theory of germs as a cause of disease was analyzed by a Prof. Robert Koch, who formulated a dictum, accepted

## THE INDIAN NATUROPATH

by the scientists of the time, that must be met in order to fix on the germ as a cause of disease.

According to this dictum if the germ caused the disease it must be present in every case of this disease. It must not be present except in conjunction with the disease, it must be susceptible of separate cultivation in proper media outside the body; and finally, it must be susceptible of transplantation again in the human body, where it must infallibly produce the same disease.

The germ theory does not meet a single one of these conditions infallibly, the germ frequently being absent from diseased conditions which are attributed to it; being generally present in bodies in which the disease attributed to it is most conspicuous by its absence; and while germs are susceptible to cultivation outside the body, in suitable media, yet they are subject to mutation as the medium is changed in character, and if again introduced into the body they do not always infallibly cause the disease they are supposed to cause, generally not causing disease of any kind whatsoever.

Pasteur has already set us back over sixty years by this advertisement of the germ theory, and if we go back to the teachings of Bechamp recognizing the microzyma as the prime cause, and the germ as the development of a biochemical nature, result of the condition of the body, transformed into a necessary scavenger to remove from the body objectionable matter we will perhaps regain the ground lost for over sixty years, and be able to concentrate our attention on the soil conditions in the body, not on the harmless germ scavenger.

If the bacillus of the tuberculosis was the cause of tuberculosis how could any of us escape infection?

The same is true of typhoid fever, pneumonia, any infectious disease for the germs accompanying those diseases are ubiquitous.

We are spending valuable time, oodles of money, splendid brain power in studying life history of germs, when they are but biochemical scavengers-friendly things whose function is the often urgent one of ridding the body on short notice of accumulations that have become intolerable, embarrassing to functions, so that we are thus missing the real object of our search for the cause of disease.

The soil conditions that make necessary the presence of the germ are our real field of search, but we have lost sight of this field almost entirely in our frantic hunt for germs, and we can lay the blame for this wrong steer at the door of Louis Pasteur.

We have no real proof of the boasted effectiveness of any form of anti-toxin or vaccine or serum.

After one is vaccinated or serumized, immunized, we have destroyed the only proof that counts, for we have no way of knowing whether or not the vaccinated or serumized person would have contracted disease in the absence of the so called protection; not all do so.

If such vaccinated or serumized person contracts the disease against which he is supposed to be protected, it is pretty good evidence that such "Protection" is valueless, isn't it? Surely people do contract disease against which they are supposed to be immunized, as we all know.

Were not our boys in the army thoroughly protected? They were physically fit on admission to the army, else they could not have got by the examining boards; they were thoroughly-very thoroughly-immunized against typhoid fever, meningitis, pneumonia, influenza, yet they died like flies, not on the firing line, but right here at home, in the concentration camps, where they were surrounded by the finest sanitary precautions that science could devise, and not only did they die, but they died of the very disease against which they are supposed to have been rendered immune.

Do you doubt this statement? Look up the records of every cantonment in the

country during the concentration of the army, and see for yourself whether or not it is true. The death rate from pneumonia, complicating influenza, was simply staggering, in some camps reaching four or five times the rate among civilians, those weak ones who were not able to go to war, who did not have the blessings of immunization.

How much good did the serum treatment do these boys? Ask Louis Pasteur, if you can conjure up his disembodied spirit.

Quacks, all of us, doing the things we do not know how to do, promising things we cannot perform.

Is it any wonder that the public is getting a little suspicious of us and our vaunted "discoveries"? The wonder to me is that there are still seventy millions of them willing to submit to vaccination and serum treatment.

The true figures of vaccinations for smallpox have never got before the public, though they can be seen in the files of the various departments of the army as well as the government, if one cares to ask for them. If the record of vaccinations in the Philippines alone were ever to become matter of general knowledge it would finish vaccination in the whole country, at least among those who are able to read and think for themselves. After three years of the most rigid vaccination, when almost every little brown man had been vaccinated from one to six times, there occurred the severest epidemic of smallpox that the islands had ever seen, with a death rate running in pace to almost sixty percent, and in all well over sixty thousand deaths. Did you ever know this before? Assuredly not. Yet it is found in the Government records in just this form. Manila and the surrounding provinces were vaccinated most thoroughly, also they showed the highest case record and death record of the whole Archipelago, while some of the out-lying country with proportionately less disease.

How much good did we do these poor fellows? Ask Edward Jenner? He knows now, if so be that we know after death,

and I am willing to believe that he would gladly spend a part of his eternity in purgatory if he could undo the wrong he did the world by vaccination.

The only epidemic of smallpox it was my misfortune to attend, comprised thirty-three cases, with twenty-nine vaccination histories, some recent, and the unvaccinated cases did not have the disease in any more severe form than did those with the vaccination history, even those of recent history, and the same proportion holds pretty well over the vaccinated world, for vaccination does NOT protect against smallpox, though it does much harm aside from its uselessness.

Well, are you satisfied that we are Quacks? In the eyes of those who are willing to forget the present prestige of medicine, such as it is, with all its dignity, its scientific jargon, its pratings of altruism, its great endowment, its well heralded "achievements", we are most assuredly quacks, professing to do things we can not do, and - yes, taking money under this pretence.

We may excuse ourselves by accusing others, and believing that no one can do better than we, but we are clearly in the wrong when we attempt to secure favorable legislation for selfish ends or try to strangle legislation that may prove undesirable to us in our position as arbiters in matters of disease.

When we attempt to compel by legislation the obedience of an unwilling public we are exceeding the bounds of fairness, to say the least.

The public pays its own bills, it has a perfect right to say who shall and who shall not enjoy its patronage, and for this reason, as well as those stated before, the writer is wholly out of sympathy with all efforts to coerce a willing and generous people in the matter of medical care, even as in the matter of religious belief.

We are continually urging on legislatures of state and nation bills to give us more power, more right to compel the

(2)

## THE INDIAN NATUROPATH

113

unwilling obedience of a long suffering public to our every whim and wish, "in the interest of public health."

Suppose we do succeed in so militarizing the whole country that we have the right to go into any private home and tell them what is what.

Can we do better than the medical section of the army did? We have been seeking legislation to compel every child in school to be "Shickd," then if reaction occurs we want the power to immunize such suspicious child.

If we had the power to immunize under compulsion every man, woman and child against influenza, would the results be better than they were among the selected risks of the army? What proof have we that they would be any different? Would death rates of twelve or thirteen per cent, which seem very high to us even in so fatal an epidemic as that of 1918-1919, fall under general immunization? If they fell to twenty-six per cent, as we witnessed in some of the army cantonments, it would be hard to convince the public that we were benefactors.

No, we are far, very far, from knowing what to do to prevent disease, and even in great epidemic diseases, such as yellow fever, we have had to take off our hats to the entomologist and the sanitary engineer, and it was an entomologist that pointed

out the anopheles as the carrier of malarial infection, and it was the sanitary engineer that found how to get rid of the pesky things, while we stood by and applauded to the echo - and then took all credit, as one of the great medical achievements?

The fact is, we are occupying a false position, and if we are honest we will retreat as rapidly and gracefully as possible from it, and we will give credit to whom credit is due, and we will be willing to stand on our achievements and be judged by them.

We will allow the public to select its physician without the compulsion of the government, not forgetting that this is distinctly the public's funeral, and that the public pays the bills.

Until we drop all thought of compulsory medicine we should be consistent and compel our particular brand of religion and politics on our neighbours, as well as our particular brand of medicine.

We have to show that our particular brand of healing is the best and only, so let us have a little more charity for the other schools, for the public which has a perfect right to decide its own brand of medicine. If we wish to escape suspicion of quackery let us be sure if our backyard is clean before we seek to make our neighbours clean up theirs.

## NATUROPATHIC HOSPITAL

Mutyalampad Road, Satyanarayanapuram, Bezwada.

The hospital is established outside the town (Bezwada) in a mango grove where Nature is gifted with pure air, beautiful scenery, fresh water, clean ground and fertile soil.

The patients are encouraged to live naturally and they feel gradually improved day by day in their health and strength. All kinds of human ailments are treated through Natural methods of healing, viz. Hydrotherapy, Chromopathy, Dietotherapy, Fasting, Massage, Exercise, Psychotherapy and other branches of Naturopathy.

For particulars apply to :-

Dr. K. A. N. SARMA, Manager.

# - PATHOLOGICAL NECESSITIES - 6

## SYPHILIS

Syphilis is considered by almost all schools of medicine as contagious. It is said to spread from one suffering from the disease to his or her partner in the act of coitus. It is also thought to spread through the linen, the vessels and surgical instruments when they are not sterilized or improperly sterilized. Even the barber's razor may be a vehicle in the conveyance of the disease from one another. Needless it is to add here that the vaccinator's lancet is one of the powerful vehicles to convey the disease from one another.

The most unfortunate conveyance of the disease is heredity. It is more than probable that the child may inherit the disease from the mother. But I wonder how the mycrosopic spermatoza conveys the disease from the father to the child. All the above are mere presumptions and you will see in the following paragraphs why it is said.

A lady, uniting in marital act with a person suffering from syphilis does not at times contract the disease and vice versa. Strange may it be to you that a man copulating with two ladies conveys the disease from one to the other without himself being contaminated.

If syphilis is really contagious the above could not have taken place. The medical man says that it is not through the mucous membrane that the germ enters the body but through the ruptured or broken portions of the mucous membrane. Even granting that, in practical life, a healthy man does not contract syphilis; yet the syphilitic pus is rubbed into the skin through a cut. The scientist then says that his body is immune from syphilis. But what is syphilis? How is it contracted? How can it be prevented and cured? These are the pertinent questions any reasonable man will put.

*Symptoms:*—It is of three stages. In the first stage, one will find a small tumour on

the fore-skin of the penis in the male and on the outer lips of the vulva in the female. The tumour will develop into an ulcer and then it is called chancre. The pus that springs forth from it is so acidic in composition that wherever it sticks to the body it creates another ulcer.

Tumours may form in the inguinal region and may develop into the size of an egg on either side. The same may develop into an abscess and the pus may come out of it. This is called *Bubo*.

In the second stage of the disease, tenderness, inflammation, irritation and ulceration may form on the mucous membrane of the uterus, abdomen, eyes, nose and mouth. The tongue is broken. That is, it may be discoloured. Small itch-like eruptions may form on the thighs, buttocks and the genitals. The same may form on the whole surface of the skin. Ringworm-like irritating eruption may form on the skin or the skin may be discoloured in part, or in the whole. The colour of the skin may become black or white as the case may be, or it may become scaly and rough.

In the third and the most deleterious condition of the disease, the external and internal mucous membranes of the skin are all poisoned, and the disease makes inroads into the bone, cartilage and the connecting tissue, not to say of the marrow of the bone. The heart-action is utterly spoiled. The nervous system is deranged. Insanity, epilepsy, hemi-phlegia, paralysis, droopsey, senility, leprosy and other diseases, will take hold of the patient to drive him to an early grave. Fistula is an inevitable conclusion of this stupid disease. The soft portion of the nose is eaten away and even the nose bone becomes soft.

*Causes:* 1. The allopath always seeks the reason in an almost harmless and innocent germ called the septopocci and tries his level best to wage war against it and destroy it. Ayurveda says that it is due to

the disturbance of the three vital Dhatus, the Vata, Pitta and Kapha (Wind, Heat and Phlegm). Whatever be the truth, syphilis is caused by the undue retention of some of the urine in the body due to lack of tone in the excretory organs designed for it. But why do the organs loose their tone? By cohabiting with a partner who has not attained tumescence in the act of coitus there is an interchange of glandular fluids. By the time when one reaches the stage of detumescence and has orgasm at its highest pinnacle, he loses his glandular fluids. As orgasm is incomplete there is not a vacuum to receive these glandular fluids excreted by the former in the act of coitus. But, on account of the incompleteness of the orgasm, the consequence of which is the lack of the formation of a vacuum to receive his glandular fluids, he does not drive his due share of glandular fluids from the partner. This is no better than masturbation. If one persists in the act of coitus in this way, it is certain that he may contract syphilis.

(2) When there is syphilis, sticking fast already in the partner, and the genitals are filled with fluids whose composition is acid, one loses the source giving alkaline element from the genitals in the act of coitus by the law of chemical affinity. The intensity of acid element in the genita's of the partner is sure to mitigate the alkaline fluids in him, in the long run. The negation of alkaline fluid in the genitals and the adjacent renal region and the subsequent lowered energy in them to fuction systematically are the causes of the retention of urine in the body, which in turn is the cause of syphilis.

(3) The excessive indulgence in marital union in time and out of time is another cause of syphilis. By immoderate sexual union, the blood loses its vital energies, and the glands surrounding the generative organs are enervated and become incapable of producing the vital fluids, necessary for keeping the organs healthy and vigorous. The body thereby loses the vigour to fight the disease and it is no wonder that such a kind of body becomes susceptible to every kind of disease, in particular to this tragic one.

The search for a germ is useless and any attempt to wage war against it is foolish. In our naturopathic practice, we find syphilis completely cured even though we do not care to apply any prophylaxis against the germ.

By the lowered stimulus in the renal organs, the amount of urine that ought to be eliminated through the bladder is lessened. The system in turn tries to eliminate the urine through other sources. Owing to the abnormal heat created in the generative system and in the organs of renal circulation, the colon loses its tone and becomes sluggish to cope with the demand. Then the urine tries to seek another means of escape by making its way into the blood, and therefrom becomes eliminated through the skin.

Rash, irritation, inflammation and eruption are mere attempts of nature to drive out the unwanted uric acid from the system. If attempts are made to suppress the skin diseases by poisons such as mercury, arsenic, antimony, and external applications with sulphur etc, they are sure to drive the filth into the vital organs which ultimately result in making ways for the patient to reach the worst condition.

How to prevent this disease? If proper care is taken to maintain the 60 : 40 ratio of alkaline and acid percentage in the system by proper diet, exercise and if the body is sufficiently exposed to the rays of the sun everyday, the system becomes almost immune from not only syphilis but almost all diseases the skin is heir to.

In addition to this, care should be taken not to unite with prostitutes in the sexual act. If they do, by the by, they will be reduced to such a stage which will render them incapable of having any real sexual impulse but simply make them join in the copulative function as mere machines.

Care should also be taken to join only with one's own mate when both are for the act which should not be more than 5 or 6 times a month, in the fertile period.

The body should be thoroughly cleansed of every inch once or twice daily in pure flowing water or carefully preserved water as the case may be. Hot water may also be made use of, if the patient cannot bear the reaction of a cold water bath. One should remember to have a cold abultion after every hot water bath.

### Treatment

In the first place, one should remember that the chancre, bubo or the scaly or other eruptions on the skin, are mere attempts of nature to rid the system of uric acid and other poisonous substances. In that pathological condition, the disease known as syphilis is not only inevitable but necessary to cleanse the system of the filthy material in the body.

By external application of sulphur, and mercury, the disease seems to be cured for the time to reappear more virulently at a later date. The attempts to kill the germ in the body with mercury, arsenic, and antimony result only in the loss of vitality to fight the disease and the filthy material.

In all stages of the disease, it becomes imperative to see that the system is not further burdened with acid-producing food materials. It is also necessary to see that the vitality is not lowered by further indulging in marital unions. Proper cleansing of the body internally with acid or sub-acid fruit juices of grape or citrus family are all the more beneficial to the patient.

Thorough exposure to the green rays of the sun for 1 or 2 hours a day along with cold water baths and dry towel rub, do a great deal in curing the disease, as by the exposure to the antiseptic green rays, the body gets rid of the effete matter from the skin through the perspiration that comes out. The cold water conclusion tones the system, and dry rub invigorates the skin and capillaries. Avoidance of fats, animal or vegetable, is the foremost thing to be observed. Animal protein should be completely eschewed and pulses may be very sparingly taken. Wheat or rice should not be polished and the whole meal products should as far as possible be

reduced and replaced by fruits and vegetables.

Daily exercise should not be forgotten. It must be borne in mind that the amount and the quality of the exercise should be planned in accordance with the strength and endurance of the patient. Hot water hip baths of 15 or 20 minutes' duration in a temperature of  $105^{\circ}$  to  $110^{\circ}$  F. H. once or twice a week with a cold hip bath conclusion will do a great deal in invigorating and tuning the excretory organs situated in the abdomen.

Care should be taken that the bowels move twice or thrice daily, failing which cold or tepid water irrigation with an enema should be resorted to. As many people think, irrigation does no harm, if extraordinary pressure is not applied by hanging the can higher than two or three feet.

If a thermolume is available, it may be substituted with advantage for a green-ray bath, through colour glasses or paper sheets. As the air in the chamber is all colour charged and as the patient breathes in the colour-charged air while he takes the green thermolume bath, it is not necessary to take the bath for more than ten or fifteen minutes a day. This is a general treatment of syphilis in its various stages and conditions.

Just to alleviate pain, the following applications may be resorted to in each of the following conditions:—(1) *Bubo*. In the tumorous condition of the disease, hot mud poultices or hot starch packs, or hot water fomentation of  $110^{\circ}$  temperature with a hot water bag, or with a wet towel over the bubo should be made use of. This will reduce the pain and at the same time the encrusted acid material that is in the bubo is softened. In the second stage when the bubo becomes soft and the pus is not eliminated for want of an opening, a double convex lens ordinarily known as the burning glass should be made use of in opening the wound with the sun's rays. In the third stage, clay packs applied intermittently with the sun's rays

\* eschew = avoid

focussing upon them, will finally cure the disease.

Green light applied in the third stage in the place of the simple sun's rays will be all the more beneficial. Green water compresses may be applied on the suppurating wound with advantage instead of the clay pack. Care should be taken to change the packs or poultices at frequent intervals to ensure comfort to the patient. It is also wise to apply violet light through a chromodisc over the bubo and this will work wonders in softening and opening the tumour. Green light applied through the same instrument in the second and the third stages of this disease will also be beneficial. Green water taken internally, and applied externally upon the wound, in the suppurating condition is also beneficial, when no chromodisc or thermolume is available.

*Chancre.* It is a nasty irritating ulcer at the extreme lips of the vagina or the penis. Any pus that comes out of it is capable of eating a cloth. Every piece of linen that comes in contact with the ulcer is sure to be eaten away and torn to pieces. Anhow green water and green light focussed over the ulcer will work wonders in curing the disease. Care should be taken not to allow the pus to stick to the other portions of the body. Any mucous membrane that comes in contact with it will also become

ulcerous. Thick wet cotton bandage with a flannel covering to overlap it will be beneficial in the closing of the wound. One should not forget all the general rules laid down under the general heading.

*Syphilis*:-The skin eruptions including the scaly and itchy conditions of it should be dealt with special care. The body should be well washed twice or thrice daily with cold or tepid water to cleanse thoroughly. Mud baths of 5 or 10 minutes' duration should be taken twice or thrice weekly. Before every mud bath, the body should be well massaged with any vegetable fat, peanut oil excepted.

The body should be well massaged daily with ble oil or blue water as the case may be, before every cold water bath is taken. This will make the skin very soft. All the scaly portions of the body peel off. Perspiration comes out of the body freely, eliminating a portion of the filth deposited under the skin at every onset. The general rules laid down, should be very strictly adhered to. I have cured a number of cases under each head with success. Of course it is very difficult to cure any disease when the patient has lost all his vitality to respond to any school of medicine. Even then it is only nature cure that can give any relief.

#### Just Off The Press!

FOURTH REVISED AND ENLARGED EDITION OF

### VITAL FACTS ABOUT FOODS

Otto Carque's Last and Greatest Masterpiece!

(With footnotes and other valuable supplements based on latest accredited nutritional research findings contributed by Lillian R. Carque).

Otto Carque, the last renowned Food Scientist and Authority on Foods, concentrated a wealth of scientific, information on food chemistry and nutrition—the maturest fruits of a strenuous life-time of activity in practical dietetics and food research.

Some of the outstanding features of this work are Table of Analyses of over two hundred fifty different foods; facts on the prevention of disease and the prolongation of life; and many recipes and menus for balanced diets.

#### An Indispensable Dietetic Guide

Paper cover \$ 1.00, Imitation Limp Leather \$ 1.50, postpaid Order through INDIAN NATUROPATH or direct from

NATURAL BRANDS, Inc., 4328 San Fernando Road, Glendale, California, U. S. A.

# Thermometer, Stethoscope & the X-Ray

Dr. V. D. Sahéb, Naturopath.

Let us discuss briefly about the use of Thermometer, Stethoscope and X-Ray by Allopathic doctors. They are proud of their discovery, and they say they can find out diseases and their symptoms accurately by their use. Hence, they are boasting that their science, system, and treatment are far better than other science, system, and treatment and that they are far superior to others. They say doctors of other systems are quite ignorant of the cause and effect of diseases, that they are very inferior, and that they are doing immense harm to the public. Consequently, they are prevailing upon the Government to pass rules, regulations to suppress them and to destroy them. Many people and the Government believe it so, and further they are encouraging Allopathy in all possible ways.

Allopaths use Thermometer, Stethoscope, and X-Ray to diagnose diseases and their symptoms. They use them for each and every complaint. The method is very vague, wrong, and further harmful. They are deceiving the people, patients, and others.

Thermometer is used to find out the temperature of the patients. It indicates only the low or high temperature of fever patients. It is of no use to other diseases. It also cannot be believed, because temperature rises or falls suddenly in some cases. Low and high temperature depends upon diet, its digestion, season, age, and health of the patient. Doctors fixed 98.4 as normal temperature. Is it possible to maintain such normal temperature? Temperature varies in different ages of persons especially in summer. One develops it more or less. Some people complain that they feel and suffer from excess of heat. Suppose, one develops one or two degrees more. Does it mean that he is suffering from fever? There are different kinds in diet, each variety contains different elements like Vatham and Bile besides body building substances. Jaggery, boppai,

fruits, bajara, flesh of fowls and such varieties contain the element of heat. Patients, and chronic patients especially develop it, if the diet is not well digested. In addition, summer helps such diet in developing heat. We observe that nourishing diet causes heat, and develops it, if it is not properly digested. We can understand high or low temperature by touching and feeling the body of the patients. Patients are better thermometers and doctors to understand the temperature, because they actually feel and suffer from temperature. They understand it from its very beginning. Doctors understand fevers after they developed much. We observe fevers mean excess of bile or Vatham. One does not feel and suffer from them, if diet is well digested. If it is not well digested, one becomes a prey to them, and he confines to bed. Unless the patient is free from them, he cannot be free from fever, temperature generally varies. Further the patient understands digestion, indigestion, hunger, constipation, loose motions, pain in the body etc. They are very essential factors in consideration of fever and other diseases. Thermometer cannot indicate them. Allopaths cannot understand fevers, unless they question patients about the state of fever. Doctors of Ayurveda, Unani, Naturopathy and other systems cured many different fevers of different stages; and further they are curing them without the use of a thermometer. Are Allopaths better than these doctors? I do not observe any more good effect from the thermometer after its invention. Doctors do not show that diet is the chief cause for high temperature also. If temperature rises to 102, 103, 104, or more, doctors call it by a name, and they consider it a different fever and dangerous fever. Ayurvedic doctors call Typhoid or Pneumonia as Sannipatha Jwaram. Of course, they are very dangerous fevers. One cannot fall a prey to Typhoid or Pneumonia all on a sudden, unless he suffers from ordinary fever for some time. Ordinary fevers are developed into Typhoid or

Pneumonia owing to wrong treatment. Typhoid and Pneumonia are developed fevers. Unless one suffers from bile or vatham, or indigestion or constipation or loose motions, etc. for some time, one cannot become a prey to fever suddenly. They are the forerunners of fevers and their attack. Every disease has its symptoms, and they develop into actual disease, if they are not prevented or cured soon. Diet is the chief cause of such symptoms and diseases. One can escape from the attack of fever, if he avoids one or two meals or if he simplifies diet for a day or two or if he observes fasting during its symptoms. The more one simplifies the diet the better. Oranges are good in that state. The symptoms of fever disappear soon, if one observes fasting especially at night times. Fasting and exercise are the best medicines. They produce wonderful results. If not, the symptoms may develop into actual fever, Malaria, Typhoid. Pneumonia, Tuberculosis, etc. Fevers and their symptoms are very clear. They are as clear as a mirror. If we follow these principles, we can threaten diseases than being threatened by them. Every one can follow it effectively without any fear, danger, trouble and expenditure. They are not harmful like medicines. No disease will be cured, if any patient does not observe these principles, and they further develop into dangerous ones. Each and every system teaches these principles. Such, as it is, why should people fear of diseases and their symptoms? Why should they become acute and chronic patients and die. Why should they run to the medicines, doctors, and their treatment? Why should they spend money for it? I wonder!

Some fevers are not cured soon owing to the wrong treatment. Doctors then say they are malarial and contagious caused by the spread of their germs, and patients require special diet and special treatment or they require operation and so on. I do not observe such so called malarial fevers. If fevers are not cured soon, they differ in some aspects. Then the doctors call or name them differently like Influenza, Scarlet fever, Yellow fever, Dingy fever and so on. Hence, doctors are becoming proud that they found out different fevers, and conse-

quently they are advertised, and doctors are amply promoted and rewarded. Some fevers develop into Tuberculosis, if they are not cured soon. We see, hear and observe many such cases and complaints. Cause of different diseases is the same and treatment also is the same. Different diseases require no different treatment.

Allopaths use stethoscope to find out diseases and their symptoms, especially diseases of lungs and heart. Beating of heart and lungs may be slow or active in some cases. In the case of some patients, the activity or function of heart and lungs will be sound. It does not mean they are healthy or free from diseases. It often misguides doctors. Doctors do not know that negative diet is the chief cause of the disease of heart and lungs. They are under confusion. Stethoscope indicates the diseases of heart and lungs when they are spoiled. Patients understand from the very beginning of their attack, because they actually feel and suffer from them. Hence patients are better stethoscopes and doctors. We know doctors differ greatly with one another about diagnosis of diseases of the heart and lungs.

I think X Ray instrument is doing more harm than good. An X Ray examination is very costly. It is not accessible to all patients. It is used to detect decayed parts of internal organs like heart and lungs. It cannot tell us the beginning stage of the disease of heart and lungs. People, especially patients, understand the disease of heart and lungs from the very beginning of their attack. It discourages patients, doctors, and others, because of the indication of the decayed organs. We know courage is very essential in all cases especially in time of ill-health. One loses courage by such examination.

Patients are real doctors. Doctors are not able to diagnose and prognose their own diseases, and their symptoms, and they are not able to cure them, and consequently many are becoming chronic patients and many are dying of diseases. As such how can they diagnose and prognose others' diseases and their symptoms, and how can they cure them, and how can they become doctors to others? Is it not mere show?

## Conditions for Co-operation with State System of Medicine

Dr. Trimurti, Capt. Srinivasamurti and L. C. Ganapati spoke on the problem of public health, and an appeal was made for Co-operation from adherents of all prevalent systems of medicine. If this appeal be one made in good faith, it must imply a change of heart. The system represented by the speakers is the only one in the country practising methods of preventive medicine that are rightly described as methods of sowing the seeds of disease. A change of heart means that their coercive application be abandoned. One of them appealed to Sanatana

Dharma. If that appeal was sincere it was a recognition of the principle that physical well-being should not be sought through the sinful path of which allopathy is excessively fond. Mr. C. R. recently spoke feelingly of the cruelty to silkworms involved in weaving silk. The essence of Sanatana Dharma was pithily expressed by Jesus in the words: The wages of sin is death. That explains the colossal failure of western medicine in this country. If the allopaths will shed these deadly heresies, then alone their good faith in making such appeals can be admitted, not till then.

SARMA K. LAKSHMAN.

### BOTTLES & CORKS

P. S. DUTT & Bros.,

Manufacturers and Importers of all kinds of Bottles, Phials, Corks and Capsules etc., etc.,

8, Ezra Street, Calcutta. Telephone- Cal 2133.

Factory : JAYANTI GLASS WORKS, Ltd., (CALCUTTA)

## Nature Cure Books Ready for Sale

### GENERAL BOOKS

Practical Nature Cure	4—0—0
Indian Nature Cure	0—10—0
Nature Cure Hints	0—12—0
Human Culture & Cure	20—0—0
Drugless Healing	0—6—0
How to live 100 years	1—0—0
Indian Home Remedies	0—4—0
Fasting Cure	0—3—0
Good Health	0—3—0
Mortality in India	0—2—0
Ideal Children	0—2—0

### Maha Yoga Baths

1—0—0  
0—12—0

### BOOKS ON PHYSICAL CULTURE

Pranayama	0—2—0
Yoga Asanas Book	0—8—0
Suryanamaskars Book	0—6—0
Ideal Exercises Chart	0—2—0
First Principles of Health	0—1—0
Keep off the Doctor	0—1—0
Water for Health & Cure	0—1—0
Vitality from Sleep	0—1—0
Sun & Air for Health and Cure	0—1—0

Packing & Postage extra. Books shall be sent by V. P. Post.

Apply to:-

**THE NATUROPATHIC BOOK STALL,**

*C/o Satyanarayananapuram, BEZWADA.*

# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

**The Indian Naturopathic Association,**

**BEZWADA [ India ].**

In particular,

[a] Through the medium of books, journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

**Do you Want to be a MEMBER**

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

PRICE Rs. 20. POST FREE

JUST PUBLISHED

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce  
 that the above book is now complete,  
 and has been sent already  
 to the pre-publication Subscribers.

Part I	Philosophy of Chromopathy and apparatus.
Part II	Sexualogy and Sociology.
Part III	Psychology and Mental Healing.
Part IV	Nervous system and Insanity.
Part V	Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth.

For detailed prospectus  
 apply to:—

**The Chromopathic Institute,**  
 Andhra Grandhalaya Press Buildings, BEZWADA.

## Indian Naturopathic Association

The annual meeting of the members of the General Body of the above Association will be held on 19-10-1940 the Saturday at 1 p. m. in Surya Vilasam at Dantulur Agraaharam, Pidaparru P.O. Tenali Tq. (Madras Presidency.)

All members are requested to attend.

### AGENDA

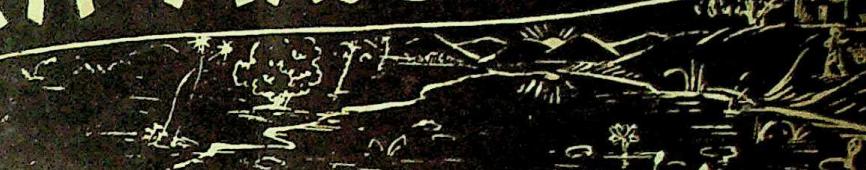
1. Election of office-bearers
2. Passing of accounts and Budget
3. Changes suggested in the present rules
4. Any other subjects.

Bezwada  
 1-10-40 }

P. VENKATRAMAYYA  
 General Secretary.

N.B.—Dantulur Agraaharam can be reached by getting down at Kolakalur Ry. Stn. on M. & S. M. Ry. Members will be received by Volunteers at the above Ry. Stn. if intimation is given of their arrival to the above address or to the Head Quarters at Bezwada.

# The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

*Editor:* Dr. P. VENKATRAMAYYA, N. D., D. M.

## CONTENTS

	Page
Memory as an aid to Vision	121
The age of three score years	125
Is meat essential for building muscle & strength	127
The Festival of Lights	132

# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$ 2: Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie ?
- What is the principle of Temperamental harmony between man and woman ?
- How can you contribute to the building up of a superior human race ?
- What temperamental couple can lead a perfect happy life ?
- How can you modify the temperamental influences of a wrongly united couple ?
- What are the three fundamental methods of human up-building ?
- How can you remedy sexual waste ?
- How can you control the sex of your offspring ?

Price Rs. 2 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings :: BEZWADA.

N. B.— Those who buy Human Culture & Chromopathy, or any other book, as this is included in the same.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — November, 1940

No 11

## MEMORY AS AN AID TO VISION

BY

Dr. R. S. AGARWAL, Eye Specialist, Delhi.

We see very largely by the mind, and partly with the eyes. The Phenomena of vision depend upon the mind's interpretation of the impression upon the retina. What we see is not that impression, but our own interpretation of it.

### Illustrations

1 The whiteness of the centre of 'O' in the test card seems to be whiter than the margin of the card, though it is really of the same shade.

2 The moon looks smaller at the zenith than it does at the horizon.

3 When you see a large letter of the smaller test card, the part regarded appears blacker than it really is.

4 A portrait painted by one painter may look entirely different from a portrait of the same person by some other artist.

5 A drawing may be made of a plaster cast which may appear alright when first completed, but may show many faults when studied by the same artist at other times.

6 In a totally dark room one often imagines that he sees a white ghost. The imagination may be so vivid that no amount of argument will convince him that he did not see a ghost.

Thus our sight depends upon our imagination or the mind's interpretation of

the retinal image. Persons with normal vision use their memory and imagination as aids to sight; and when the sight is imperfect it can be demonstrated not only that the eye itself is at fault, but that the memory and imagination are impaired, so that the mind adds imperfections to the imperfect retinal image.

A familiar object is always more readily distinguished than an unfamiliar one, and this is simply because memory and imagination have come to our aid, the image of the object has been impressed on our mind through previous experience, and that helps us to pick it out more easily than the object seen for the first time. Any one can test the truth of this for himself. We can all distinguish friends among a group of people more easily than a stranger.

When the mind is able to remember anything perfectly, it is always perfectly relaxed and the sight also is normal; and when the eyes are closed and covered so as to exclude all the light one sees a perfectly black field. The smaller the area of black which the patient is able to remember, the greater is the degree of relaxation obtained; but some patients find it easier to remember a somewhat large area, such as one of the letters on the Snellen's test card, with one part blacker than the rest. They may begin with the big 'C', then proceed to the smaller letters and finally get to the dot. It is then found

this smaller area is remembered more easily than the larger ones and its blackness is more intense. Some patients find it easier to remember the punctuation mark, a colon, with one part blacker than other parts. As it is impossible for the mind to think of one thing continuously, some patients find it useful in the beginning to shift consciously from one of these black areas to another, and to realise the swing, or pulsation, produced by such shifting. When the memory becomes perfect, one object may be held continuously in the mind without conscious shifting, while the swing is realised only when attention is directed to the matter.

Although black, as a rule, is the best colour to remember, some patients are bored or depressed by it, and prefer to remember white, or some other colour. One may have the perfect memory of a yellow buttercup, and another the opal of the ring. Whatever the patient finds easiest to remember, is the best to remember, because memory can never be perfect unless it is easy.

When the memory of the black dot becomes habitual, it is not only not a burden, but is a great help to other mental processes. The mind when it remembers one thing better than all other things, possesses central fixation, and its efficiency is thereby increased, just as the efficiency of the eye is increased by central fixation.

When the memory and the imagination are perfect, the eye at once becomes normal with normal vision. Imperfect memory or imagination may even produce organic changes in the eyeball. One can, by imagination of a letter perfectly, increase the hardness of the eyeball, which is an important symptom of Glaucoma. Conversely the imagination of a letter seen perfectly softens the eyeball in Glaucoma with great benefit to the pain and the imperfect sight in this disease.

Imperfect imagination produces cloudiness of the lens or increases the opacity of the lens in Cataract. In Myopia the eyeball is shortened and becomes normal, and the patient obtains, temporarily at least, improved or perfect sight. One can produce Myopia by imperfect imagination. In

Hypermetropia the eyeball is shortened. The imagination of perfect sight is followed by the lengthening of the eyeball to normal, and the patient may have normal vision temporarily. The imagination of imperfect sight for near always lessens the length of the eyeball, produces or increases Hypermetropia. All forms of Astigmatism can be produced or increased by the imagination of imperfect sight. They are all cured temporarily or permanently by the imagination of perfect sight.

Wonderful cures of many age diseases have been achieved by the proper use of the imagination and the memory, even when other methods have failed. Imagination when used properly, is the most satisfactory, most accurate, most helpful method that we know to obtain perfect sight. If our imagination of something is as good at twenty feet or forty feet or sixty feet or further, as it is at near point where we see it perfectly, our vision is as good as our imagination.

#### *Tests to measure Perfect memory*

1. When the memory of the dot or any other thing is perfect it is instantaneous. If a few seconds or longer are necessary to remember it, the memory is never perfect.

2 A perfect memory is not only instantaneous but continuous.

3 When the memory is perfect, perfect sight comes instantaneously. If good vision is obtained only after a second or two, it can always be demonstrated that the memory is imperfect also.

4 The memory of the dot is a test of relaxation. It is the evidence by which the patient knows that his eyes and mind are at rest. It may be compared to the steam gauge of an engine, which has nothing to do with the machinery, but it is of great importance in giving information of the ability of the mechanism to do its work. When the dot is black one knows that the engine of the eye is in good working order. When the dot fades, or is lost, one knows that it is out of order, and requires treatment.

**Demonstration:—**

1 That the smaller the object regarded, the easier it is to remember. Regard a capital letter. Note that it is easier to see or remember the top of the letter best, and the bottom of it less clearly than to remember the top and bottom perfectly and simultaneously. Now look directly at the upper right corner and imagine one-fourth of the letter best. Then cover the remaining three-quarters of the letter with a piece of paper. It is possible to look directly at the exposed part of the letter and imagine half of it best. Cover the part that is not seen directly, and demonstrate that half of the exposed part of the letter can be seen or imagined best, while the rest of it is not seen so clearly. With the aid of the screen, an area as small as an ordinary dot may finally be imagined.

2 That, with the eyes closed, a small black dot can be imagined blacker than the one three inches in diameter, if this fact cannot be readily demonstrated with the eyes closed.

1 Stand close to a wall of a room, at a distance of three feet or less, and regard a small black spot on the wall six feet from the floor. Note that you can not see small black spot near the bottom of the wall at the same time.

2 Place your hand on the wall six feet from the floor, and note that you cannot see your hand clearly when you look at the bottom of the wall.

**Why one fails to have perfect memory or imagination?**

1 When one imagines objects to be stationary.

2 When the mind and the eyes are under strain on account of staring, partly closing the eyes, frowning etc.

3 When one tries to see all the letters of a line equally well at one time or tries to remember too much at once.

4 When the form of an object is imagined imperfectly. For example, if the letter 'O' is a perfect circle and is imagined

to be an oval with long axis vertical or horizontal the imagination of the 'O' will not be as perfect as when the 'O' is imagined to be a circle.

5 When the size of an object is regarded much larger or smaller than it really is, the imagination is imperfect.

6 When one imagines the white background or the spaces between the lines of print to be less white than the margin of the card.

7 Excitement of various kinds, unexpected noises and unusual occurrences, worries and anxieties, physical discomforts also effect the memory and the imagination.

8 Imagination of unknown letters or objects.

9 Speaking of or thinking about unpleasant things.

10 When one tries to stop the swing of the object or when the swing is too short, too long, too rapid or too slow, irregular and not continuous.

**Methods of getting perfect imagination**

1 Letter in the air: Take two similar Snellen test cards. Place one at a distance ten feet or less where it can not be rapidly distinguished, and appears blurred, and the other card at a distance one foot or less, from where you can see it best or less. Now regard a letter of the distant card, then look at the same letter on the card at the near point. Then close the eyes and with your finger draw the same letter in the air as well as you can remember it. Open your eyes and continue to draw the imaginary letter with your finger while looking for only a few seconds at the blurred letter on the card at ten feet or less. Then close your eyes again and remember the letter well enough to draw the letter perfectly in your imagination with your finger. Alternate drawing the letter at ten feet in your imagination with your eyes closed as well as you see it at one foot or nearer. When you can draw the letter as perfectly as you remember it, you see the letter on the distant card in flashes.

By repetition you will become able not only to imagine always the known letter correctly, but to see it actually for a few seconds at a time, you cannot see a letter perfectly unless you see one part best, that is, by central fixation. Note that you obtain central fixation while practising this method, i. e., you see one part best. Drawing the letter with your finger in your imagination enables you to follow the finger in forming the letter, and with the help of your memory, you can imagine each side of the letter best, in turn, as it is formed. When the letters on the distant card become distinct and clear, then increase the distance of the distant card by two to six inches only. By and by increase the distance to fifteen or twenty feet.

By this method the memory and the imagination are improved, and when the imagination becomes perfect the sight is perfect. This method should be practised at least for one hour, twice or thrice daily. You can cure highest degree of Myopia, hypermetropia, astigmatism, optic atrophy, progressive cataract, glaucoma, detachment of the retina and other diseases by this method.

## 2 Letter imagination

If the patient is unable to see the letters on a certain line of the test card, he is told what the first letter is and is directed to close his eyes and imagine that letter for about ten seconds, then to open the eyes and regard the letter. When the letter is imagined perfectly enough, other letters on that line are seen. Then imagine the first letter of the next line, and so on. If no letter is seen on a certain line, the patient may come to the test card, see, go back and imagine. By alternately regarding the letter with the eyes open and closed, the imagination of the letter improves in flashes.

By continuing to alternate, the flashes improve and last longer and the vision becomes gradually improved.

3 If you do not get any improvement by practising at fifteen feet distance, bring the card closer, to six feet or nearer. Hold another card in your hand and look at the letter 'F' of the ten feet line. See it with

a slow, short, easy swing, and at the same time imagine your body swinging with 'F' for a few minutes. Then glance at the first letter of each line of the Snellen's card at a distance of six feet without modifying or stopping the swing of your body. When the vision is improved at six feet, increase the distance by and by till you reach fifteen feet, practising in the same way.

## 4 The black dot

Place the Snellen's test card on a white wall at ten feet distance or nearer. Now imagine a black dot while looking a little to one side of the test card, say a foot or more; then imagine it nearer to the card, and finally imagine it to be between the lines of letters on the card. In this way you will be able to see the letters without losing the imagination of the black dot; and when you can do this, you may look directly at a letter without losing control of the imagination of the dot. The next step is to note whether the bottom of any letter is straight, curved, or open, without losing the dot in the bottom. When you can do this, do the same with the sides and the top of the letter, still holding the dot in your imagination. Usually when the parts can be observed separately in this way the whole letter can be seen without losing the imagination of the black dot.

## 5 Imagination test

Place the back of one Snellen test card towards the patient ten feet away from him and the face of the second card towards him at twelve feet. Both cards can be so arranged that the patient can observe an open space between the two of about four or five inches in width.

When the patient moves the head and eyes to the left, the space between the two cards becomes less and one can imagine the nearer card moving to the right, while the more distant card with its letters, appears to move to the left.

When the head and eyes move to the right, the nearer card appears to move to the left, the space becomes larger between the two cards and the patient can imagine the face of more distant card moving to the right.

## THE INDIAN NATUROPATH

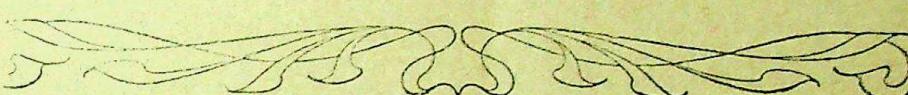
125

Then close the eyes, swing, and imagine the near card to be moving in the opposite direction, while the distant card in the same direction. Repeat; In some cases of defective sight the nearer card moves in the opposite direction while the more distant card may also move in that opposite direction, or it may stop or move in an irregular, jerky manner.

When the imagination of some object is correct with the eye closed, the swing of the more distant card becomes normal, the card moves from side to side in

the same direction as the head and eyes and moves slowly, easily and continuously. The converse, is also true, that when the distant card does not move with the head and eyes, the imagination of the object is imperfect.

By the continued practice of this method the flashes of improved vision become frequent and last longer. Some patients are benefited by practising this method with the eyes closed for a longer time than with the eyes open.



## The Age of Three Score Years

BY  
Dr. BENEDICT LUST, M. D., N. D.,

Between his sixtieth and sixty-fifth year, the average man feels compelled to step into the shadow land of resignation. Now, he says, it is too late to start anything new, and there is nothing to do but wait quietly for the end. The condition of many men indeed justifies this melancholy view. Around sixty-five years, many of them are forced with retirement and this is also the time when old age pensions become effective. It is a time to take inventory of what has been accomplished, the time when assets and liabilities are being weighed against each other, the time to take a look back on the past and to say good bye to the most vigorous phase of one's stay on the earth. On your last day in the shop or office friends are crowding around you to shake your hands and with a friendly smile wish you a peaceful and golden evening of life. Nevertheless it is a fact which can only be

ill conceived that most of those who are 'retiring' feel as if they are being sent to the dump where the old iron is rusting and the weeds are growing. In addition it is the time when children do not need their parents any more and can stand on their own feet, and the grand children, out of their teens, regard grand mother's and grandfather's care and attachment as something of a burden. And finally, it cannot be denied that on account of ill-conducted and one-sided living habits, all kinds of physical defects make their unwelcome appearance.

The heart does not go along so well any more, blood pressure is high, the eyes are weakening, the hearing becomes impaired, breathing power is nil, walking often becomes difficult. It is an altogether disheartening reflection the man of sixty sees in the mirror; and when he looks into the

future there is nothing but a gray haze and at the far end of the path ahead the black grave from which some are shrinking back and which others, too tired, disheartened, and disillusioned, regard as something almost desirable.

The average picture is true for most persons and the general opinion seems to bear out the view that not one iota of it can be changed. Let us, however, diligently search our souls and let us answer whether such a general black-out at the age around sixty is necessary. Our reply is a firm and categorical 'No.' We are convinced that the time after sixty does not mean a darkening of all sources of light, but that other lights will shine and other stars than the ordinary ones will guide us through the home stretch. We all must pass the mile posts between sixty and seventy, either quickly or slowly, but the true meaning of this period is not by any means senility as commonly supposed, and is neither outward shrinkage nor inner stagnation. Of course, a man who enters these years must do it willingly, joyously and with affirmative vigour. Instead of passingly entrusting himself to the stream of fate which now flows more slowly and evenly, he must actively participate on the journey, build and adopt his boat to the changed condition of the stream, make it more roomy and comfortable. Instead of accepting with resigned lassitude the wrong theory of letting the flame slowly burn itself out, he should look at history which shows that man can live straight, unbent, vigorous with enthusiasm and pride to a hundred years without resignation. Leonardo, Machelangelo, Tizian, Humboldt, Goethe, Bernard Shaw, Justices Holmes and Brandies are only a few

examples picked at random to show how one can fulfil one's mission in extreme old age. All these men excelled in a high degree of self-knowledge and self-discipline. They have led their lives in the 'true' sense of the word, filled with activity which is true elixir of life, 'the stone of the wise men,' which does not produce gold and riches, but which makes one truly wide and wide awake. The essential condition for this is activity, everreadiness to renew and to broaden oneself. The danger that the evening of life becomes beclouded too soon mainly lies in the fact that the man too easily gives way, becomes passive and lax with himself. It is our firm belief that most men do not die because they have reached the natural end of their lives, but because they themselves have set an end to growth and activity and do not expect any more. Senility is a disease, but a curable one. Let us make sure of it that to cure this disease there must stand in the beginning a process of soul searching and deep reflection. A man of three score years and more should sharpen his eyes for the many possibilities of old age. If he 'retired', he should not step into a vacuum, but go through an apprenticeship. Now at last he has something which he had never had before. Time, now he is free from the cares for his children, free from the worries of his profession or trade, now he can devote his time to his hobbies and do what he never had a real chance to do before.

So few of us really have the time to live according to our wishes, to study the many things worth knowing. Most of us were occupied day by day earning our daily bread, following the thousand small duties of making a living, keeping a home, raising a family. But now there is eternal Sunday, and

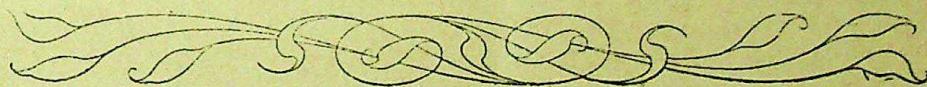
elderly people can concentrate on their specialities, their secret long nursed ambitions. How many of the younger generations would not like to raise a garden, tend some flowers, build some new gadgets, read and study worth while books if they only had the time? Now the time has come for many to do all these things.

Instead of nursing along and spoiling one's illness, let them do something, let them build, sing, make music, do anything at all but let them devote their whole attention to it. Howsoever elderly people pass their days is of no account as long as their whole heart is at their job. There are, of course, certain occupations that are better suited for this age than others. If some elderly folks can still hold their own in tennis, horseback riding, long distance running, swimming and jumping, this does not imply that others should do likewise. For most of them, such violent exercises require too much exertion. There are countless other

activities open for them and outdoor work should be preferred over inside work.

Proper care of the body should never be neglected. Regular breathing, regular ablutions with skin culture, setting up exercises, a regular daily shaking up of the whole body from the feet to the head, yes! a shaking of the head not only about these bad times but also about oneself, and finally a moderate diet are absolutely essential for the well-being of elderly people. Regarding food, it should be emphasized that meals should only be taken when one is hungry, should be light and easily digestible. Once in a while, it is well to fast for a few days.

Every man and woman over sixty can do his or her share to contribute something worthwhile to humanity, and old age is not a painful fate, but the setting of the last coping stone to the building called life.



## Is Meat Essential for Building Muscle & Strength?

BY

Prof. S. S. GOSWAMI

Meat is the muscular tissue of animals together with connective tissue. It is rich in protein. On the average, lean meat contains about 20% protein, 5% fat, 1% minerals, 2% extractives and 72% water; 2500 calories of meat supplies about 41 milligrams of iron, 16 centigrams of calcium and 312 centigrams of Phosphorus. It is very poor in vitamins

A and B, though fresh meat has enough vitamin C. The extractives of meat give its flavour and produce the stimulating effect.

The function of protein is to build and repair the tissues of the body. But this does not mean that the supply of excess protein will cause rapid development of the tissues

including muscles. The fallacy of high protein diet has been demonstrated by Chittenden of Yale University in 1904. The old standard for taking from 100 to 125 grams of protein per day has been considered to be highly injurious. There is no provision in man for storing excess protein; a little quantity of excess protein may be stored up in the liver and muscle cells. The body tries to eliminate the excess protein for its own good. The fuel portion of protein is immediately oxidized into carbon-dioxide and water and eliminated from the body easily. But the nitrogenous portion cannot be disposed of by the body so easily. It is first transformed into urea by the liver and is eliminated by the kidneys. The power of eliminating excess protein of the body is limited, and when a high protein diet is habitually taken, an accumulation of excess protein occurs in the body, which simply stays in the body fluids, as floating protein and in the long run causes various discompositions and the body is poisoned and diseased. According to the best authorities of to-day, from 60 to 75 grams of protein per day will meet all the protein needs of the body, even if the individual takes vigorous form of exercise. For this amount of protein, it is not necessary to add meat to the diet.

Another important fact should be considered in connection with protein. Non-acid and non-putrefying proteins have much greater advantage over acid, putrefying proteins. Proteins from meat, fish, egg and cereals are acid. Meat, fish, and egg proteins are putrefying. According to biological feeding tests, milk and egg proteins stand first. Among the two, milk protein is a non-acid and non-putrefying protein, whereas the egg protein is an acid and putrefying

protein. Meat protein stands next to milk and egg proteins. The cereal protein stands next to the meat protein. The legume protein stands last. From every point of view milk protein is the best and most suited to man.

2500 calories of human milk gives 60 grs. of protein, of goat milk 140 grams and skim milk 225 grams. About 8 pints of whole milk supply 2500 calories and about 119 grams of protein. An exclusive milk diet is the best form of diet when it is necessary to increase protein. Milk and fruit diet as a moderate protein diet is all the more preferable. For protein requirement cereals and legumes alone should not be depended upon as these proteins are inferior in value. They must be combined with other superior proteins, such as milk, egg or meat to meet the demand for protein in the body. However acid proteins can be easily avoided and replaced by non-acid proteins.

Another great disadvantage of meat is that it goes putrefaction in the Colon. Fish and egg also putrefy, though the latter is not to the same extent. From the standpoint of putrefaction vegetable proteins are less objectionable than meat proteins. Nuts are less objectionable than legume in this respect. Meat contains a high percentage of putrefactive bacterial and in most instances, it is already in a state of putrefaction at least to some degree when it is eaten.

Fish is also a high protein food. It contains less extractives than meat and therefore less stimulating. It is erroneously considered by many to be more wholesome than meat. Egg is an excellent food containing all the necessary elements necessary for

nutrition. If it is fresh, it can be added to a diet with great advantage. It is only weaker in calcium but stronger in iron. Milk and egg are both highly conducive to growth, more than meat. However, if one finds difficult to maintain bacterial healthfulness of the colon, egg also should be discarded.

It is interesting to study briefly the dietary habits of various races and classes who were famous for muscular efficiency as well as of the strongmen.

The study of the first table demonstrates that meat is not essential for maintaining health and strength. Ancient Persian soldiers, ancient Greeks, ancient Gauls, ancient Britons, Bavarian wood-cutters, Russian labourers and some other races and classes did not use meat. Some of them used meat occasionally and in less quantity, namely ancient Chinese, ancient Romans, ancient Scotch, Tyrolese wood-cutters, Italian Peasants, Spanish labourers etc. Of course, there are some races and classes who chiefly use meat, yet they are strong, such as Tartars of the

China Hills etc. The second table shows that most of the strong men have used meat in their diet. But this does not prove that flesh food is essential for developing great strength. The following factors are mainly responsible for the use of meat by the strong men. Ignorance in the matter of food, erroneous ideas about the supposed strength-giving value of meat, want of courage to make experiments upon non-flesh food diet and meat eating habit.

We can no longer hold that meat has a special strength-giving value. We can no longer tolerate the idea that without meat we cannot build muscle and strength. We can discard it from our dishes with great advantage. Meat-eating is a mere habit. The taste for meat has compelled us to seek a scientific supporting in order that the habit may be continued. The lacto-vegetarian diet can meet all the proteins of the body. It is more cleanly and wholesome and at the same time adequately nourishing, growth-promoting, strength-giving, disease-preventing and life-prolonging.

New Hope !!

New Energy !!!

**Consult Dr. A. V. K. Murty, M. A., N. D., of Bezwada,**

For any kind of diseases both Chronic and acute  
however malignant and morbid, dreadful and depressing.

**Diseases that Can be Cured.**

Consumption, Rheumatism, Asthma, Constipation, Dyspepsia, Dropsy, Leprosy, Diabetes, Skin diseases, Epilepsy, Syphilis, Women's and Children's diseases, Eye diseases, Fevers of all kinds, Madness and all mental diseases etc., etc.,

**Systems of Naturopathy that are Suggested.**

Hydro-therapy, Chromopathy, Masso-therapy, Terra-therapy, Yogi-therapy etc.,

*For full particulars with postage*

Dr. A. V. K. Murty, M. A., N. D.,

Besant Road. A. G. Press Buildings, BEZWADA.

## DIET OF RACES AND CLASSES

TABLE I

Peoples	Foods	Physical Condition
Ancient Hindus	There were two classes. One did not use meat most probably occasionally, and most foods used by both were bread, rice, ghee, milk, vegetables, and fruits.	Extraordinarily strong and having uncommon mental ability
Ancient Egyptians	Bread, Raw and Flesh of birds etc.	Healthy and strong
Egyptian Pyramid Builders	Most probably they did not use meat, at least not much	Very robust and healthy
Ancient Chinese	Mostly vegetarians, occasional use of little fish	Very strong and healthy
Ancient Persian Soldiers	Bread, vegetables, fruits etc, No Meat used	Very Strong
Peoples of ancient Arabia, Turkey, Syria	Mostly non-flesh foods, Probably occasional use of Meat	Robust and healthy
The Saracens	Rice, Milk, Vegetables, Fruits	Strong and healthy
Ancient Greeks	Non-flesh food	Very strong
Athletes of Ancient Greece	Do	Extraordinarily strong
Ancient Spartans	Do	Very strong
Spanish miners	Bread, Vegetables, Fruits, Meat	Strong
Portuguese water-carriers	Bread, Vegetables, Fruits, Etc.	Very strong and hardy
Swiss woodmen of mountains	Bread, Butter Etc. Very rarely a little bacon	Do
Greek Boatmen	Wheat, Fruits, Vegetables	Very strong and Robust
Turkish Soldiers	Bread, Butter, Mutton etc.	Strong and Hardy
Boatmen and Water Carriers of Constantinople	Bread, Vegetables, Fruits, occasionally a little Fish	Strong and Robust
Ottoman army	Cereals, Vegetables etc. rarely meat	Very strong
Kolashin (Montenegro)	Maize, Milk, Vegetables, Meat	Do
Monks of Cyprus	Cereals, vegetables, etc. rarely meat	Do
Chinese Labourers	Rice, Vegetables etc. a little Fish or Meat occasionally	Strong and Very Robust
Korean Lower class men	Rice, Vegetables, Eggs, Fish, Meat etc.	Very Strong
Japaness Soldiers	Rice, Vegetables, Fish chiefly	Strong and very Robust
Samurai	Rice, Vegetables, Fruits, Eggs, Fish Boiled Rice, Ghee Etc.	Very Strong
Bombay, Madras messengers	Rice, Ghee, Vegetables, Fruits, Meat etc.	Strong and very hardy
Gurkhas	Wheat, Vegetables, Milk, Dhal, Nuts, Fruits, etc Meat	Very hardy
Sikhs	Wheat, Dhal, Vegetables, Fruits, Nuts, Milk, Meat etc.	Very strong
Pathans	Wheat, Dhal, Vegetables, Fruits, Nuts, Milk, Meat etc.	"
Rajputs	Wheat, Dhal, Vegetables, Fruits, Nuts, Milk, Meat etc.	"
Hindus of North-Western India.	Wheat, Vegetables, Dhal, etc.	Very strong and hardy

## THE INDIAN NATUROPATH

131

Maoris (New Zealand)	Vegetables, Fruits, Meat etc.	Very strong
People of Tenna (Central Africa)	Maize, Vegetables, Meat, Rice	"
Arabs (North Africa)	Dates, Milk Etc.	Very strong
Kaffirs	Vegetables, Soup, Milk Etc.	Strong and Robust

## TABLE II

## Diet

## Remarks

Name	Diet	Remarks
(1) Golum Rastumhind (Champion wrestler of the world)	Wheat, dhal, ghee, vegetables, fruits milk, nuts, sugar, meat etc	Died at about 42 or so
(2) Kikkarsing (World's champion wrestler)	Wheat, Dhal, Ghee, Vegetables, Fruits, Milk, Nuts, Sugar, Meat Etc.	The most powerful of all wrestlers that the world has ever produced and possessing greatest measurements, viz. — chest 80" (nor) Biceps 24 $\frac{1}{2}$ ". Died at about 80
(3) Kallu (Champion Wrestler)	Wheat, Dhal, Ghee, Vegetables, Fruits, Milk, Nuts, Sugar, Meat Etc.	In strength, he stood next to the great Kikkar
(4) Karim Bux (wrestler)	Do	
(5) Ahmed Bux (wrestler)	Do	
(6) Gama (The present world champion wrestler)	Do	
(7) Imam Bux (The present Indian champion wrestler)	Do	Who defeated all the European wrestlers that came in contact with him He gains World's Championship by defeating Hasan Bux, the Great Indian Wrestler and Zbyszko, the Great Austrian wrestler Recently he defeated Gunga, the Great Indian wrestler, and won the title at Patiala, India
10) Bhagaban Singh the gigantic Indian wrestler.	Wheat, dhal, ghee, vegetables, fruits, milk, nuts, sugar, meat etc.	
(11) Gutta Singha (A great Indian wrestler)	Do	Died at about 50 or so.
(12) Shamakanta (Strong Man)	Rice, ghee, Vegetables, etc. meat in greater amount.	Died at about 62 or 65 years.
(13) Bhim Bhawani (in weight-lifting, weight-supporting, and feats of strength)	Rice, Ata, ghee, dhal, vegetables, fruits, nuts, milk, sugar, meat, fish etc.	He was enormously built and very strong; without much training, he could lift about 400 lbs. in two hands — continental test. His upper arm measured about 21" and chest 55" or so. He died at 35 or so. The great Indian strong man
(14) Rama Murti	Rice, ghee, dhal, curd, milk, fruits, Vegetables, nuts, meat etc.	
(15) Devi Chowdary (World' champion, weight-lifter)	Ata, ghee, milk, vegetables, fruits, nuts, meat etc.	He lifted in weight lifters bridge position 945 lbs. at the age of 45.

# THE FESTIVAL OF LIGHTS

BY  
Dr. A. V. K. MURTY, M. A., N. D.

Lights! Lights! Lights! Lights everywhere

The Kartika month is a month when temples and houses are decorated with lights impressive in sight, inspiring in effect and ennobling in nature. These lights are but the outward signs of the inward Atma Jyoti that is to be lighted as a result of the penance of the month of Kartika.

The month of Kartika is a month of religious duties as laid down in the Skanda Purana, one of the Astadasa Puranas. The Kartika Vrata is hailed as the best of all Vratas (व्रताना मुत्तमं व्रतम्) in the same Purana, where the efficacy of the same is emphasized in the form of a story as told by the sage Suta to the sages assembled around him. Suta begins the story by informing them that originally the story was told by Lord Shiva to his betterhalf, Parvati.

The Vrata consists of bathing in the early hours of every morning either in great rivers like Ganga, Yamuna, Krishna, Godavari etc, (in water hip deep), or even in ponds, pools or tanks or even with water in a well. Having bathed one should bow to Brahmins, chant mantrams praising Hari; should perform Achamanam (आचमनम्) after which he should remove the wet clothes, wear a clean dry white cloth and apply all over his body sacred ashes (विमूति) and sandal paste (चन्दनम्) chanting the special mantrams specified for the purpose. Then offer the usual daily prayers (सन्ध्यावन्दनम्) after which epics read by Brahmins should be heard. Then at home perform Vaisva Devam (वैश्वदेवम्); take meal and then again hear epics read by Brahmins. In the evening one must light lights of cotton pressed into wicks wetted by ghee.

Particular stress is given to Kartika Somavar Vrata (rites to be observed on Mondays of the month) when one should fast the whole day and light lamps, go to the temple, offer religious prayers to the Almighty God and having returned home should mess with Brahmins. This Vrata could be performed by all the members of the four castes-Brahma, Kshatriya, Vysya, and Sudra-whether men or women.

Efficacy of Deepa dana (Offering of lights) Vastra dana (offering of cloths),

Phala dana (offering of fruits), is emphasized and highly spoken of. When Deepa-dana is made to a worthy Brahmin, the offerer should utter to himself "I am offering the light that gives knowledge, wealth and prosperity; may peace be with me!" (सर्वज्ञानं प्रदद्य दीपम्, सर्वं संपत्तुखावहम्, दीपदानम् प्रदास्यामि शन्तिरस्तु सदा मम)

Among the various items in the rites mentioned to be performed in the month of Kartika, picnic parties in the gardens under the shady trees are also specified as one of the most important ones. This is of utmost social importance and has a good recreative value.

Thus the whole month is to be observed by which it is said that one is washed of all his sins.

Our Hindu religious practices are full of hygienic principles which are of utmost importance for every man or woman who seeks after health. Health and Achar are intertwined in our religious rites ascribed to Grihastha. (गृहस्थ)

Daily bath in the early hours of every morning of Kartika when biting cold prevails is of utmost importance from the health point of view. Ozone which abounds in the early morning breeze is vitalising and life giving. Hence the practice of early rising and early morning bath invigorates the human system and keeps one fit to face the oddities of life.

Again fasting in this season is of high value to the system. It gives "vacation" to the system as Benedict Lust of America would have it put. The human system requires some rest for some days in the year to ensure a better working of the same. At this part of the year in Kartik when the weather is dull and insipid, the human system works better, and works efficiently if lesser amount of stuff is forced on it to be digested. Hence the propriety of the advice of fasting in these days.

Thus the month of Kartik is a month of fastings and social functions when people meet at temples and gardens, pray and part and prepare themselves with renewed vigour and vitality enhanced by observation of hygienic principles of early morning river baths, fastings, prayers, recreations and social functions etc., to work the work-a-day world.

## NATURE CURE BOOKS FOR SALE

Name of the Book	Author or Publisher	Cost
1 Practical Nature Cure	Dr. K L Sarma	Rs. a. p.
2 Indian Nature Cure	„ Bhikshu	4 0 0
3 Nature Cure Hints	„ S. J. Singh	0 10 0
4 Human Culture & Cure	„ E. D. Babbitt	0 12 0
5 Drugless healing	„ L. Kameswarasarma	20 0 0
6 How to live 100 years	„ S. J. Singh	0 6 0
7 Indian Home Remedies	„ Bhikshu	1 0 0
8 Fasting Cure	„ K. L. Sarma	0 4 0
9 Good health for Beginners	Bureau of Cosmotherapy	0 3 0
10 Mortality in India	Dr. K. L. Sarma	0 3 0
11 Thoughts on diet	„ Justice Ramesh	0 2 0
12 Diet for health & in Disease	„ Bhikshu	0 8 0
13 Baths	„ S. J. Singh	0 6 0
14 First Principles of health		0 12 0
15 Keep off the Doctor	Published by "Sunday Times"	
16 Water for health and Cure	Book Depot, )	
17 Vitality from sleep	Each one anna (0-1-0)	0 1 0
18 Sun & Air for health and cure		
19 Pranayama	Dr. K. L. Sarma	0 2 0
20 Yoga Asanas Book	„ M. R. Jambunadhan	0 8 0
21 Suryanamaskars Book	H. S. Gambers & S. Rama	0 6 0
22 Yoga Asanas Chart	S. Sundaram	0 4 0
23 Ideal Exercises Chart	Dr. S. J. Singh	0 2 0
24 Universal uncooked Food-Calico bound		
25 „ „ „ Paper Bound.	„ B. S. Gopala Rao	4 0 0
26 Man's food unveiled	„ M. K. Pandurangam	3 8 0
27 Food Remedies	„ S. J. Singh	2 0 0
28 Nutritive value of Indian Foodstuffs	Do	0 12 0
29 New Vitamin Chart	Do	0 2 0
30 Tea-its harms	Indian Naturopathic Association	0 2 0
31 Mind and vision	Dr. R. S. Agarwal (Eye specialist)	0 2 0
32 Bates Principles of Eye treatment	Do	4 0 0
33 Psychosolar Treatment	Do	1 0 0
34 Detachment of Retina	Do	0 4 0
35 Blindness in India	Do	0 4 0
36 Eye Testing Chart (Pocket size)	Do	0 4 0
37 Perfect sight without glasses	Do	0 2 0
38 Defective sight— Its causes and cure	„ L. Kameswaran	0 2 0
39 Marriage & Sexual Development	„ E. D. Babbitt	0 3 0
40 Female Sex problems	Do	2 0 0
41 Sex	„ S. J. Singh	0 12 0
42 Art of Love	Do	0 3 0
43 Sexual relations	Sunday Times Book Shop	0 4 0
44 Why not vaccinate	THE INDIAN NATUROPATHIC	0 1 0
45 Vaccination	ASSOCIATION	0 2 0
46 One set of anti-vaccination pamphlets		0 1 0
47 The Indian Naturopath Back Volumes		0 1 0
Volume No. I, II, each		0 8 0
Vol. No. III, IV, V each		1 0 0
Vol. No. VI, VII, VIII, IX, X each		1 8 0

Postage Extra. Books shall be sent through Registered Post. They are available at—

NATUROPATHIC BOOKSTALL, C/o Prakruti Dharma Parishat

Satyanarayananapuram, BEZWADA



# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and inmodern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [India].

In particular,

[a] Through the medium of books, journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

PRICE Rs. 20. POST FREE

JUST PUBLISHED

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce  
 that the above book is now complete,  
 and has been sent already  
 to the pre-publication Subscribers

- Part I Philosophy of Chromopathy and apparatus
- Part II Sexualogy and Sociology.
- Part III Psychology and Mental Healing.
- Part IV Nervous system and Insanity.
- Part V Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth

For detailed prospectus  
 apply to:--

The Chromopathic Institute,  
 Andhra Grandhalaya Press Buildings, BEZWADA.

## BOTTLES & CORKS

P. S. DUTT &amp; BROS.,

Manufacturers and Importers of all kinds of  
 Bottles, Phials, Corks and Capsules etc., etc.,

8, Ezra Street, Calcutta. Telephone - Cal 2133.

Factory: JAYANTI GLASS WORKS, Ltd., (CALCUTTA)

# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

*Editor:* Dr. P. VENKATRAMAYYA, N. D., D. M.

## CONTENTS

- A Merry Christmas	...	133
- Live Food Centre for India	...	134
Radium treatment in cancer	...	137
Proceedings of the Annual General Body meeting of the I. N. A. Bezwada	...	142
British Children in Canada	...	143
- The Efficacy of Diet and Mud—Syphilitic ulcers	...	144

# The Indian Naturopath, Bezwada,

## BUSINESS NOTICE.

**No V. P. P. System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**— Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers and Members of I. N. A.** should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0. Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$ 2: Magazine free to the members.

## Marriage & Sexual Development

by Dr. E. D. BABBITT, M. D.,

An exhaustive treatise on the daily confronting marriage problems.

- Where does the real harmony in married life lie ?
- What is the principle of Temperamental harmony between man and woman ?
- How can you contribute to the building up of a superior human race ?
- What temperamental couple can lead a perfect happy life ?
- How can you modify the temperamental influences of a wrongly united couple ?
- What are the three fundamental methods of human up-building ?
- How can you remedy sexual waste ?
- How can you control the sex of your offspring ?

Price Rs. 2 only (Excluding Postage)

Published by:

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings : : BEZWADA.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — December, 1940

No 12

A Merry Christmas

AND

A happy New year's day

Vedamata bestows upon us the following cantation which is uttered before and after every Vedic recitation by the Guru and the disciple.

तच्छंयो रावृणीमहे

सत्ति मर्तुषेभ्यः

गातुं यज्ञाय

अर्द्धं जिगतु मेषजस्

गातुं यज्ञपतये

शन्मो अस्तु दिपदे

दैवीः सत्ति रस्तु नः

शं चतुर्पदे

ॐ शानतिः शानतिः शानतिः

This is how the Rishis of India brought the Divine Bliss for the benefaction of the four-legged and the two-legged animals along with the human beings. Not only that. The Yajnam and the Yajnapathi are also included in the list to be protected by the Almighty. With the same spirit we extend our hearty prayers to the Omnipotent for bestowing His Bliss on all the beings stationary or moving. (स्थावरं जंगमं)

—The Editor.

## Live Food Centre for India

By Dr. Ganga Sahai D. Bi (Doctor of Biotrophy)

(Dr. Ganga Sahai is a professor in Live Food therapy now residing in 621 Aqua Pura Drive, Los Angeles, California, U. S. A. Any gentleman who is willing to take up the enterprize, may write to him or correspond with him through the General Secretary, The Indian Naturopathic Association, Bezwada, India) Editor.

We cannot live 100 percent right as the Mother Nature demands us to live according to her plans of natural living. Why? Because, man is a social being. To live in the society of man we are obligated to each other. But a Yogi or Rishi living in the woods is not obligated to any one, because he is free and living all by himself communicating with mankind by using the Nature's forces. Lower animal, living a wild life, can evacuate himself and be free from stomach gas whenever and wherever he is urged to do so, but man cannot be so obedient to the call of nature by living in the society of man. However, man can talk and teach others how to live a natural life even if he does not live so naturally by himself. Diplomacy is the instrument we have to make use to handle the mankind. It is impossible for a person to live a perfectly healthy life and teach at the same time how to be in good health. Life is sacrifice. Mouse sacrifices his life to feed the cat and cat sacrifices her life to feed the wolf. Vegetables and fruits sacrifice their lives to feed the man. The Sun is sacrificing its life to maintain the existence of physical growth on this earth. A man lives an indoor life to carry on his study at the expense of losing his eye sight and then he goes out to preach before the mankind by using his eye glasses. We learn something worthwhile from him at the expense of physical energy which he has lost. So, I believe I have the right to teach the mankind how to live a healthy life even if I am not in good health. I have studied it by straining my body and imprisoning my vision within the four walls of my room. Those who want to learn something from me will be benefitted at the expense of sacrifice of my physical energy. Therefore, by living in the society of mankind we cannot live a perfectly healthy

life, but we can hope and we can try to live as close to the principle of nature as possible within the limit of individual environment.

Mankind has been living on cooked food since the discovery of fire and art of cooking is so highly developed among all nations of this earth that cookless food is not only forgotten but condemned of creating some trouble and causing ill health. In America to introduce a gradual reform in the dietary habits of people; a transitory food system is established for the last 25 years which is named Health Food. Health Food includes purely vegetarian diet excluding meat, refined flour, bleached rice, refined sugar, seasoning with lard, vinegar, dried fruits with the aid of sulphur, pasteurized milk, salted butter, table salt, roasted nuts, all kinds of spices, etc. To-day, we have in America Health Food stores opened all over the country selling 100 percent whole wheat flour, raw sugar, nut butter, unbleached brown rice, sun-dried fruits, vegetable salt, raw milk, soy bean milk, candies made with raw and cane sugar, all kinds of fresh nuts, uncooked olive oil, soy bean flour and soy bean breads, cocoanut milk, vegetable concentrates, dried olives, pastries made with whole wheat-flour, cornflour, bean flour, honey, and all sorts of dried and powdered herbs for therapeutic purposes, and fresh fruits and vegetables' juices.

Then we have another system of food established under the name of Live Food or cookless food free from all cooking processes. We have only two restaurants in the whole world devoted to purely uncooked food in this city of Los Angeles. But there are many vegetarian restaurants throughout U. S. America. To make a

## THE INDIAN NATUROPATH

135

clear understanding we have three kinds of food system in America. Commercial Foods, Health Foods, and Live Foods. Commercial Foods include all the disease-creating foods and highly advertised and also strongly advocated by medical profession, such as made with meat, lard, table salt, refined sugar, refined flour, vinegar, chemicals, and all the junk which makes the person sick to feed the medical profession.

In India we can preach and teach and open a Health Food system which will exclude all the seasoned foods with tropical spices, milk and dairy products, and others. Along with this we can teach and open a Live Food system which reform is to be done gradually avoiding all violent efforts to remove the centuries old habits of the people. In all the vegetarian restaurants in this country the vegetarian food is cooked entirely in a different manner from that which is cooked in India. How? In India the baking system is not known and food is cooked openly upon fire. In Europe and America baking ovens are used to bake foods and with the help of ovens many and many varieties of foods can be baked and sold. There are small ovens for home use and there are large ovens for commercial use ranging from prices of a few cents to hundreds of dollars.

If a Health Food store in connection with a vegetarian restaurant is opened in India, it is very necessary to buy different machines of grating vegetables, of making vegetable and fruit juices, fruit and vegetable drying machine, nut butter making machines, hand mill machines, ovens, steamers, Ice cream making machine, and other utensils. We have ice cream made in the Live Food dining room which is served and sold to the public under the name of Cowless ice cream. This Cowless ice cream is made just with fruits and nuts and no milk at all. It is sweetened with honey and not with sugar. The machines should be bought first from America and then have them made in India, because they are worn out after they are used every day. They are very simple in construction and I believe they can be made in India.

Every dollar worth of article we buy from America, that will hit three rupees in India on account of exchange. So, I believe, if I am not mistaken, it needs Rs. 50,000 (fifty thousands) or \$ 16,000 to cover up all the expenses.

I need co-operation of some patriotic Indian Naturopath who can finance to materialize my plans of Health Food and Live Food system in India. I know the way how to make the business go even in the midst of ignorance in India. Let no one be skeptical to co-operate with me as I have my experience of 12 years behind me to guide me to make the business go like it is flourishing in America to day. Life constitutes Co-operation. Man, by the very constitution of his being, is a creature of relationship. Each of us exerts an influence through character or conduct upon all with whom we come in contact. No one can live to oneself, we are all dependent upon one another. From dead generations to moulders of future destinies, each life is linked in with other life by ties which cannot be escaped. Let us co-operate and establish a Health Food and Live Food business in India not for the sake of profit but to spread enlightenment throughout India sweeping away the centuries old ignorance caused by medicine men of medical profession.

Let us start a Health Blitzkrieg throughout India. Health movement is not very old in America. It was started 20 or 25 years ago and I am here in America for 24 years. During the last 12 years the Health movement has spread throughout America blitzkriegly. America was built on co-operation of private enterprises. Let us catch up with America in starting a Health movement throughout India.

The more interest grows in Health and Live Food the better magazine of The Indian Naturopath we will have. I hope you will permit me to say that your magazine needs great deal more to be developed and you cannot expect to build it up unless you spread the teaching of Health and Live Food in India.

There are not many people in India who are health conscious. They believe to go to medicine man to take medicine when they are sick. They believe that traditional food is the food given to them by God to eat and live. Then came the western scientist who has taught them that disease is caused by the germs and they should buy this medicine for that germ and that medicine for this germ. They gave such jaw breaking names to those invisible prophets and founders of medical science that ordinary man walking on the street can't pronounce and spell them out. Lately, another witchcraft is bloomed out in the medical profession of how they express vitamin. In America, today, these pseudo-scientists of medical profession are putting vitamin in eggs, beer, canned food, milk and in many other foods. Vitamin craze is spread so widely that the customer wants to know if the food, he is buying, has certain alphabets of vitamin. To day, these vitamins can be bought in drug stores and put in the manufactured food. I have a relative who went to England just to study vitamins.

To-day, when the faith of public is gradually losing out in medicine, the medical man hollers, "wait a minute, here are A, B, C, 26 alphabets of vitamin for your health." Each one is so algebraically named that ordinary person can't remember them. They are doing the best to make money by keeping the public guessing. The vitamins are never seen by the scientist but he is forcing you and me to swallow the English alphabets under the excuse that we are eating vitamins. The truth is always simple given to us by Mother Nature which requires no complicated system to remember it. Vitamin is derived from the

latin word 'Vita' which means 'Life'. Life is eternal and cannot be manufactured and sold in drug stores. IT IS THE SUN ENERGY PLUS LIFE FORCE, LATENT IN FOOD MOLECULES, called Vitamin. When the food is cooked upon fire, the life (vitamin) kisses good bye and files away. Let the medical man cook himself upon fire as long as he cooks his food and then let us hear from him if he has vitamin to sell his medicine stuff. When the food is cooked upon fire, it is dead and life is gone. While the food is cooking you can smell it. What you smell is the life. No one has been able to revive the dead man by putting vitamins in it like they do to revive the foods by putting vitamins in them. Putting English alphabets in the food in the name of vitamin is nothing but a purely money making proposition at the expense of ignorance of the general public. Let us be wise and start a Live Food system in India which is full of SUN ENERGY AND LIFE called VITAMIN.

I send my appeal again through the Indian Naturopath to finance my efforts for starting a Live Food Centre and preaching a Gospel of Live Nutrition throughout India by lecturing and writing articles in The Indian Naturopath. Let us build up this magazine folks. Its improvement depends upon the number of followers we can have of Live Nutrition throughout India. Love is the natural spirit of this world, service is its law. This is our great covenant to dwell together in peace, to seek the truth in love and to help one another. I have no money neither to pay for my steampship passage to India nor to start any Live Food business there. Let me hear from some one who likes to invest his money for a noble cause.

### TO YOUR HEALTH

Eat less, chew more.  
Ride less, walk more.  
Clothe less, bathe more.  
Worry less, work more.  
Idle less, play more.

Talk less, think more.  
Go less, sleep more.  
Waste less, give more.  
Scold less, laugh more.  
Preach less, practise more.

(Natures' Path.)

# RADIUM treatment in CANCER

BY

EMANUEL JOSEPHSON, M. D.

A united Press dispatch announced to a startled public on the 23rd day of November, 1939, that Sir Leonard Hill, the distinguished physiologist, urged eliminating the use of radium in the treatment of cancer and other human ailments. If the radium which England has buried in deep holes for security from bombing were left there forever, he stated, the world would be better off. This statement he supported by the accumulated evidence that radium exposure that is sufficiently intense to produce an effect, is always *harmful*.

To many folks Sir Leonard's statement was a shocking surprise. But to the informed, the surprise was that the truth about radium had been suppressed for so long a time. Intensive publicity and propaganda extending over a period of more than three decades has created firm popular belief in its curative properties.

Until now no prominent scientist has had the courage to tell the public the truth about it; or having the courage, has been able to surmount the high wall of medical and commercial censorship of the Press set up about the topic. Only Sir Leonard Hill's great reputation and distinction as a scientist could penetrate it.

The use of radium in the treatment of human ailments has a curious history. After years of struggle spent in the discovery of radium, the Curies found that they had on their hands a substance for which there was no apparent use. In the biography of her mother, Eve Curie describes the odd joy of her parents when they found that radium belatedly would burn gaping holes in their flesh and cause painfully destructive inflammation of their fingers. Paul Curie hastened to make a report of these experiences, in 1901, to the *Academie Francaise*, which read in part as follows:

"After exposure to the rays (of radium) the skin became red ..... it looked like a

burn, but was scarcely painful. After several days the red area without enlarging grew redder; on the twentieth day scabs formed and when they fell away they left a deep wound ...; healing of the epidermis first began on the forty-second day.....

.....Mme. Curie carried a few centigrams of very active substance in a sealed tube and received similar burns... One exposure of less than half an hour... resulted in a red spot fifteen days later, which was followed by a blister similar to that of a superficial burn, that took fifteen more days to heal.

"... We have suffered from various changes in our hands during researches..... The skin of the hands scales; the tips of the fingers which come in contact with tubes or capsules that contain very active preparations become hard and sometimes extremely painful; one of us had inflamed fingertips for a fortnight, which subsided with scaling, but at the end of two months were still painful."

In spite of the slowness with which radium unfolds its destructive effects, a group of French physicians, with true Gallic ebullience, lost no time in applying it to the treatment of human disease. The primitive state of the surgery of that era, which made dangerous and deadly large operations such as those for the removal of internal cancers, did constitute some justification for this hasty application to humans.

As time elapsed it became apparent that radium could not only destroy cancerous growths, but also could and often did cause cancer and other deadly diseases. The Curies themselves were the first victims of radium.

Long before his accidental death Paul Curie suffered from a painful bone and joint disease of the type that is caused by

radium. Marie Curie died, after years of ailing, from what Dr. Tobe diagnosed as "aplastic pernicious anemia," rapid in its course because "the bone marrow did not react, probably because it had been injured by long accumulations of radiations" of radium. Since then many folks have suffered the often painful deaths caused by radium.

But long before its dangers were manifest radium was firmly entrenched. The situation is aptly expressed by a paraphrase of Eve Curie's statement: "A radium industry was ..... born."

Millions and tens of millions of dollars were invested in radium, its preparation, its by-products, its accessories and its use, and in allied industries and activities. Hundreds of miners have lost their lives in St Joachinsthal and Congo mines from cancer of the lung caused by the effects of radium ores, to provide the raw materials for more radium that may produce more cancer, pain and misery. The highly exploited medical use of radium made the prize worth while. Radium sold at almost ten million dollars a pound.

The victims of cancer clamoured for this substance that was widely and intensively publicized as a miraculous cure. They were willing to pay their whole fortunes to be rid of the disease which gnawed at their lives. Doctors bought bits of radium salts at exorbitant prices and sold "miraculously curative" applications, which in no wise depleted its substance, for equally exorbitant fees. Charges ranging from hundreds to thousands of dollars for radium applications were not unusual. Radium purchases paid good dividends on the investments.

The word radium became synonymous with the treatment of cancer. Radium was acclaimed as a cure-all and was used in the treatment of every conceivable disease, real or imaginary. Radium drinking water was recommended and imbibed for the preservation of everlasting youth. As Eve Curie says; "Radium was useful... magnificently useful."

Eventually radium was produced from ores mined in Colorado, and there arose the question of the business-stimulating testimonial or acceptance by the Council on Pharmacy and Chemistry of the American Medical Association. Persistently the Association discriminated against the American product and refused its acceptance.

Mr. Flannery, the president of the Standard Chemical Company which produced the American radium, was distraught by the persistent rejection of the product by the A. M. A. and sought the advice of an eminent authority on drugs.

"The quality of our radium has been affirmed by Mme. Curie as identical with her preparation, and there can be no doubt or question about the quality of our product," he related. "But I have done everything possible to secure the acceptance of our product by the American Medical Association without any success."

"*Everything*" asked the doctor. He suggested that other methods might be tried.

Two weeks later Mr. Flannery informed the doctor that the A. M. A. Council on Pharmacy and Chemistry had accepted all of the products of the firm. Included among them was radium drinking water.

The accepted radium drinking water has proved to be highly poisonous and deadly. The death of millionaire manufacturer named Byers, one of its many victims, gave the "curative and youth restoring" drink international notoriety. As a consequence its use was barred by health authorities and by the law. Then Dr. Morris Fishbein editorially attacked the radium drinking water in the columns of the *Journal of the American Medical Association*, without mentioning the fact that the product was accepted and recommended to the profession and the public by his Association and advertised and publicized in the *Journal of the A. M. A.*

Associations were formed to "control cancer". If they incidentally increased

the returns on their doctors' investments in radium, that was hardly unexpected. On the contrary, their physicians have fought among themselves over the splitting of the business which the Associations lure. Since much of their money is invested in radium, it is natural that they should favor the use of radium.

The more closely one studies the situation, the more one is inclined to wonder whether the true function of these cancer associations is not possibly to place cancer on a more lucrative financial plane. They do serve to give a virtual monopoly of the cancer business to the cliques of doctors who dominate them; and some of them count the annual returns of the business, which they have built up in this manner, in six or more figures.

Some of these doctors proclaim themselves to be "authorities" and "specialists" in cancer. Since virtually nothing is known concerning the true nature of cancer, these specialists might be regarded as approaching the acme of specialization: Specialists are men who know more and more about less and less.

"The acme of specialization is one who knows everything about nothing."

The "authorities" systematically deny everything that does not emanate from themselves. They always allege as the reason, that the material to which they object would be used for the exploitation of the public.

Since a few doctors would be robbed of their livelihoods and incomes by an effective method or prevention of cancer, they can be depended upon to reject promptly any such method that might be discovered. As omniscient specialists they vehemently scorn and discredit any such possibility. They hopefully insist that the cancer problem will be with us forever. They levy contributions and support from the public and from the Federal and local governments.

These cancer associations have been formed for the purpose of gathering cancer

statistics and not for the relief of cancer victims or for the payment of institutions for their care. They have succeeded in establishing a virtual censorship of the press on the subject of cancer.

With the aid of the press, the cancer association maintain a constant cancer hysteria and phobia among the public and a constant flow of patients into the offices and clinics of their doctors. It would be interesting to know how many millions of dollars each year are mulcted by them from persons suffering from cancer. Phobias created deliberately by this propaganda. Every phase of the cancer problem approved by them is garishly exploited in the press.

In the propaganda the associations resort to gross misrepresentation and deception. Their favourite expedient is cancer statistics. They tell the public that cancer is increasing. Some of the truth in this regard has been told by Dr. Madge T. Macklin of the University of Western Ontario Medical School. She points out that some of their increase is apparent, not real. She said; "We must all die of something, and it is inevitable, as we eliminate one cause of death after another, that we increase the death rate from the causes that remain; for while we may increase the length of life, we do not decrease the certainty of death.

A bit more of the truth regarding the death-rate from cancer was related by Dr. William W. Sanford in a letter in the New York Times of April 25, 1939. He pointed out that the diagnosis of cancer as cause of death is frequently false. There are also other things that are common knowledge among the initiate such as:

1. The diagnosis of cancer is not always reliable even when a part of the tumor can be removed and examined under the microscope. For if such tissue is submitted to pathologists often there will be as many different diagnoses as there are pathologists.

2. There has grown the practice of covering up rotten surgery by false diagnosis of cancer, to justify needless infections and deaths and to protect the surgeons' reputations.

These factors also account for many members of the "Cured Cancer Club."

The American Society for the control of cancer has gained a dominant position in the field of cancer. Under social service auspices it was organised in 1913 by delegates from medical societies associated with the Congress of Physicians and Surgeons, and was incorporated in 1922. The Society states in its publications that it cooperates with those paragons of altruism and virtue—the American Medical Association, the American College of Surgeons, the American Public Health Association, and the national radiologic societies. It describes its functions as follows:

"To collect, collate and disseminate information concerning the symptoms, diagnosis, treatment and prevention of cancer, to investigate the conditions under which cancer is formed and to compile statistics in regard thereto."

Its progress and conquest of the field in which it operates was such that it could boast in the October 1937 issue of its BULLETIN as follows.

"The Society is effectively passing through a period of transferred emphasis of its major activity and is well on the road to assuming a position of national influence similar to that of the National Tuberculosis Association."

This means that the Society is becoming the official cancer agency of the Medical-Social-Service Trust.

Shortly thereafter the Society also gained direct representation in the Federal Government with the support of the National Association of Science Writers, through the formation of the Cancer Research Institute under the United States Public Health

Service. On the advice of its Cancer Advisory Council, composed of officers of the Society, two hundred thousand of the seven hundred and fifty thousand dollars appropriated by Congress for the Research Institute were spent, as might be expected, for the purchase of radium.

The American Society for the Control of Cancer has been quite successful in securing the full cooperation of the press. It won the hearts of the editor-members of the National Association of Science Writers in October 1938, by bestowing on the Association the Clement Cleveland medal "for outstanding work in the campaign to control cancer". In presenting the medal on behalf of the Society, Mrs. Mead said to Mr. William Laurence, who has given the Society liberally his newspapers' space and represented the science writers. "...Because of this Association, small and select in its membership and rigid in its requirements for admission, the doctors working in cancer feel that they are safe in giving to the public through this medium such facts as they are entitled to know and use."

The Society has free access to the new columns, and the reliance of editors on it for cancer news is tantamount to censorship. The Society and its officers enjoy persistent favorable publicity.

In order to secure first-hand information about the operations of the Society, in the role of a layman I visited the office of a local committee. Photographs of certain doctors modestly adorned the walls of the committee's office.

I told a person in charge that I was making an inquiry on behalf of a woman friend who was suffering from what she thought might be a cancer of the uterus.

"The lady should go to the Woman's Hospital for examination," I was told. "Who will she see there?" I asked. I was told the name of the doctor. "Suppose the lady would like to be examined privately" I queried. "The Doctor has a private office at the hospital," I was informed.

I asked the name of a doctor, a large and attractive picture of whom hung on the wall. He proved to be an ultra-specialist in cancer whose dicta have a finality. The lady was therefore referred to the St. Luke's Hospital where this doctor would examine her for a fee of ten dollars. The Society informed me that the charge for X-ray or radium treatment might range from twenty-five to a hundred or more dollars.

Dr. Francis Carter Wood, Director of the Crocker Cancer Institute, is reported to have expressed as recently as 1921, views regarding radium less flattering even than those of Sir Leonard Hill. These statements were as follows:

"Radium is but the weapon of the charlatan and the quack," voiced he, before the graduating class in medicine of Columbia University, in 1917.

"As for radium in cancer work, it effects very few cures, perhaps one out of every thousand," reported in an interview of the NEW YORK TRIBUNE, October 14, 1921.

X-ray treatment, which, as Sir Leonard suggests, is more readily subject to control than radium, has been responsible for the death of many more cancer workers than even radium. The dreadful character of the slowly progressive death by radium is illustrated by the recently demised Dr. Charles Vaillant, a French Pioneer in radium work. After losing phalanx after phalanx, digit after digit, member after member, and limb after limb, by amputation because of radium-induced cancer, the balance of him succumbed early in December, 1939.

The sharper danger of X-rays is illustrated by the experience of C. P. Injured while driving a truck, his condition was diagnosed at one hospital as a fracture of the skull. He was a work-men's compensation case and the insurance company ordered his immediate removal to another hospital where its consultants conveniently diagnosed a tumor of the skull and stated that the man's condition had nothing to

do with the injury, thus saving the insurance company a large sum of money.

In spite of the fact that this diagnosis appeared to release the company, it insisted upon P. going to a third hospital for X-ray of his head. At the third hospital he was given intensive X-ray treatment which was continued even after he developed a dangerous X-Ray burn.

When he refused further X-ray treatment on my advice because of the danger of cancer, he was ordered by the company to return for treatment, under the threat that he would receive no compensation. Within two years P. died from generalized cancer caused by persistent X-ray burning. This might be labelled death by X-ray. The insurance company completely escaped payment of compensation on this case.

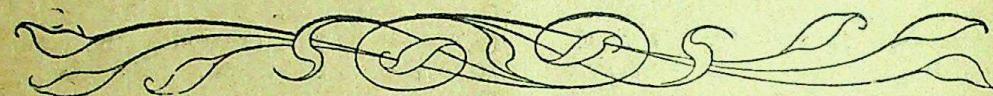
The success of the cancer associations in preventing competition or the introduction of new methods of treatment other than operation, X-ray and radium, is illustrated by the Coffey-Humber affair. These two prominent Pacific Coast physicians prepared from the adrenal cortex a substance similar in action to that recently announced by Dr. F. E. Adair of the Memorial Hospital for the relief of pain and the arrest of cancer. Nevertheless the Memorial Hospital group vigorously opposed the Coffey-Humber treatment and clinic; and the West Coast doctors' method was discredited without trial. Though they rendered, free of charge, treatment that may well be useful, they were accused of profiteering on human misery.

The accusers particularly pretended to bemoan the expense incurred by the victims from the East who were compelled to travel to the West Coast for treatment. But when in 1932 a philanthropist offered the doctors a clinic on Long Island, the cancer associations, organized medicine and the New York Academy of Medicine opposed and blocked the granting of a license for the competitive clinic.

It is highly probable that in the instance of cancer there will be repeated the

history of the diet deficiency diseases. Defective diet as a cause of disease, scurvy, was first brought to light in 1740, not by doctors, but by seamen. Organised medicine refused to accept this discovery until a century and a half later even after vitamins were discovered and isolated, the American Medical Association refused until 1921 to "accept" or sanction the advertisements of such "nostrums" as cod-liver oil.

It is highly probable that among the cancer discoveries which have been made but have not been publicized there lies the solution of the problem. It is worthy of note that in recent researches, such as that published from the Japanese Foundation for Cancer Research on the checking of a type of cancer growth in animals with liver and yeast, the role of diet and hygiene in the prevention and control of cancer is coming to the fore.



Proceedings of the Annual General Body Meeting of  
The Indian Naturopathic Association, Bezwada,  
Held on 19-10-1940 in Surya Vilasam at Dantulur Agraharam at 1 P. M.

*Resolutions:—*

I Resolved that the statement of accounts for the year 1939 prepared by the manager be passed

II Resolved that the following be elected as office-bearers for the current year:

*President:* K. Lakshman Dr. Sarma

*Vice President:* Madame Sophia Wadia

*General Secretary:* P. Venkataramayya,  
N. D.

*Joint Secretary:* C. Bhanumoorthy, N. D.

*Personal Secretary* } L. Kameswaran,  
to President } N. D. B. Sc. (Hons.)

*Secretary for Social Service* } V. Murahari Rao, N. D.  
*Department*

*Secretary for Propaganda* } I. Venkata Ramanayya,  
*Department* } N. D.

III Resolved that the following be nominated as office-bearers of the Association, from the various provinces under sections 46 and 49 of the rules and the by-laws made thereunder:—

*Vice-Presidents:—*

Andhra: B. S. Gopala Rao

Bengal: Dr. Sivanath Rai

Gujarat: Dr. Jatasankar I. Nandi

U. P.: Vittaldas Modi

Central India: Jagannadha Das

Bhavanagar State: Gopal Mehta

Pudukkotah } P. S. Viswanadha Iyer  
State }

Tamil Nadu: Dr. M. K. Pandurangam

IV Resolved that Dr. P. Venkata Ramanayya be elected as Editor of The Indian Naturopath.

## THE INDIAN NATUROPATH

## BRITISH CHILDREN IN CANADA

The Vaccination muddle and how they got out of it ?

From 'Vaccination Inquirer' London.

Dr. Mc Ghie, Deputy Minister of Health for the Province of Ontario, informed the Toronto 'Star' (14th June) that when the refugee children from Great Britain reached Toronto, they would be segregated for a week or 10 days for medical inspection, vaccination, tuberculin testing, and a single dose of toxoid.

Those arranging the evacuation in this country had given an assurance that only South Africa required the children to be vaccinated, and no intimation had been received as to what the Toronto medical officials were planning. The League's Secretary brought Dr. Mc Ghie's statement to the notice of over 50 members of the parliament, who were very concerned. Several expressed their intention to do what they could to safeguard the children, and Mr. William Leach, Mr. Rhys Davies and Mr. R. R. Stokes were amongst the M. P's who put questions to Mr. Geoffrey Shakespeare about the matter.

These questions were cabled to Canada and on 18th and 19th July, all the Toronto papers published interviews with various medical officials and others in authority from which it appeared that the children would certainly be vaccinated and tuberculin tested and unless they objected would be toxoided.

On 11th July, Mr. Shakespeare had informed Mr. Rhys Davies that if a medical examination had taken place in this country, no further examination of the children would be required in Canada, beyond the customary line-up inspection at the post of arrival to ensure that no illness had developed during the voyage. He added that vaccination is not compulsory in Canada, except during an outbreak of small-pox.

It was not until 31st July that the Ontario Minister of Welfare and Minister

of Health, after a conference with certain officials, decided not to insist on the vaccination and inoculation of these children.

We presume that some communication must have gone from the London Committee arranging the evacuation or from Canada House, which resulted in this cancellation of the plans made by Dr. Mc Ghie. The newspaper reports on 18th and 19th July had maintained that toxoiding of the refugees was held to be not unreasonable, and that not more than a week would be needed for toxoiding the war guests. Hon. Eric Cross was reported to have said that "If a complete examination was made and treatments given in England before the child sailed, it would be waived after their arrival in Toronto." Hon. H. J. Kirby, Minister of Health said: "When the children arrive in Toronto, we move them to the university residences, where accommodation is available for around 1300 of them. We will X-ray their chests, give them any necessary dental treatment and follow the accepted practice of urban centres immunising them against diphtheria. However no coercion will be used to force them to accept the toxoid treatment. So far as vaccination is concerned, he said, 'if a child has been vaccinated before leaving England no re-vaccination is necessary.' Much space was also given to the opinions of Dr. Bates, Secretary of the Health League of Canada, who might be medical dictator of the Province of Ontario, judging by the deference paid to his opinions. He advocated compulsory vaccination and toxoiding of all the children.

No one appears to have remembered that the Canadian quarantine laws permit the admission of unvaccinated persons from areas in which there is no smallpox, or that even in the days of steerage, passengers were required to be vaccinated, they were given the alternative of quarantine for 14 to 21 days from the last date on which

they have been in contact with a case of smallpox.

Mr. Kirby had referred to X-raying the children, but officials of the health and welfare departments were reported by the 'Globe and Mail' for 18th July, to have said: 'If for example, a child reacted to the tuberculin test, he would be placed immediately under care for tuberculosis and hospitalised if necessary, which shows that tuberculin testing was contemplated.

However, the newspapers of 1st August reported the children would be examined to ensure that they were in good health when they arrived, and the question of vaccination and inoculation would be left to their foster parents.

When the earlier batches of children arrived in Toronto, at the beginning of July not a single case of contagious disease was discovered amongst them. Nevertheless Dr. Jackson, the Medical Officer of Health, insisted on the need for toxoiding British children against diphtheria. As there is practically no Diphtheria in Ontario and as healthy British children would not take diphtheria with them, it is difficult to see

how there could have been any danger to the Canadian children, especially as Bates declares that they have all been toxoided.

Our Canadian supporters pay tribute to the National Anti Vaccination League in bringing about this triumph of medical freedom. The League thanks its supporters in the House of Commons for their persistence in raising the matter with Mr Shakespeare. Mr Shakespeare too, we believe, has rendered much appreciated service in making representations to the Canadian Government, and we understand that Miss Thelma Cazalet M. P. of the Evacuation Committee took a hand in the matter.

Parents sending children to Canada should give their instructions if they do not wish them to be vaccinated, or toxoided to inform their foster parents of their parents strong objection to these treatments. We cannot imagine that foster parents would take the risk of injury or even death which is by no means remote result of vaccination. As in some Canadian cities only 5% of the children have been vaccinated, the chances are that, most of the foster parents will not wish the children to undergo that operation.

## The Efficacy of Diet &

The efficacy of restricted Diet and Fasting and Mud treatment is notorious. As days pass on, our faith in the Dietetic treatment has been on the increase. More serious complicated diseases yield to fasting and restricted diet. Serious cases like syphilis, gonorrhoea and leprosy yield to strict diet and so it is self-evident that simple diseases will certainly yield to dietetic treatment alone.

A Telugu man from Nellore Dt. was admitted in our hospital about two months ago with syphilitic ulcers for the last one year and he did not undergo any special treatment till he was admitted here.

The only treatment adopted in this case is salt free rice congee diet with mud plaster of clay, nim leaves and turmeric.

## Mud—Syphilitic Ulcers

No specific internal treatment was adopted except mild purgatives. The patient in spite of pretty advanced age had the strong will force to keep with the almost starving diet and to our astonishment and to his greatest satisfaction he has his sores completely cured.

With this almost starving diet and the above mud plaster a large number of chronic syphilitic and leprotic sores which withstood best drugs, have been cured.

The Diet question is to be solved in the treatment of every disease. If the diet question is faithfully studied by the physicians and the patients many of the so-called incurable diseases will be cured.

(Saraswathi)

028583

## NATURE CURE BOOKS FOR SALE

Name of the Book	Author or Publisher	Cost
1 Practical Nature Cure	Dr. K. L. Sarma	Rs. a. p.
2 Indian Nature Cure	„ Bhikshu	4 0 0
3 Nature Cure Hints	„ S. J. Singh	0 10 0
4 Human Culture & Cure	„ E. D. Babbitt	0 12 0
5 Drugless healing	„ L. Kameswarasarma	20 0 0
6 How to live 100 years	„ S. J. Singh	0 6 0
7 Indian Home Remedies	„ Bhikshu	1 0 0
8 Fasting Cure	„ K. L. Sarma	0 4 0
9 Good health for Beginners	Bureau of Cosmotherapy	0 3 0
10 Mortality in India	Dr. K. L. Sarma	0 3 0
11 Thoughts on diet	Justice Ramesam	0 2 0
12 Diet for health & in Disease	„ Bhikshu	0 8 0
13 Baths	„ S. J. Singh	0 6 0
14 First Principles of health	Published by "Sunday Times" Book Depot.)	0 12 0
15 Keep off the Doctor		
16 Water for health and Cure		
17 Vitality from sleep		
18 Sun & Air for health and cure	Each one anna (0-1-0)	
19 Pranayama	Dr. K. L. Sarma	0 2 0
20 Yoga Asanas Book	„ M. R. Jambunadhan	0 8 0
21 Suryanamaskars Book	H. S. Gambers & S. Rama	0 6 0
22 Yoga Asanas Chart	S. Sundaram	0 4 0
23 Ideal Exercises Chart	Dr. S. J. Singh	0 2 0
24 Universal uncooked Food-Calico bound	„ B. S. Gopala Rao	4 0 0
25 „ „ „ Paper Bound.		3 8 0
26 Man's food unveiled	„ M. K. Pandurangam	2 0 0
27 Food Remedies	„ S. J. Singh	0 12 0
28 Nutritive value of Indian Foodstuffs	Do	0 2 0
29 New Vitamin Chart	Do	0 2 0
30 Tea-its harms	Indian Naturopathic Association	0 2 0
31 Mind and vision	Dr. R. S. Agarwal (Eye specialist)	4 0 0
32 Bates Principles of Eye treatment	Do	1 0 0
33 Psychosolar Treatment	Do	0 4 0
34 Detachment of Retina	Do	0 4 0
35 Blindness in India	Do	0 4 0
36 Eye Testing Chart (Pocket size)	Do	0 2 0
37 Perfect sight without glasses	Do	0 2 0
38 Defective sight - Its causes and cure	„ L. Kameswaran	0 3 0
39 Marriage & Sexual Development	„ E. D. Babbitt	2 0 0
40 Female Sex problems	Do	0 12 0
41 Sex	„ S. J. Singh	0 3 0
42 Art of Love	Do	0 4 0
43 Sexual relations	Sunday Times Book Shop	0 1 0
44 Why not vaccinate	THE INDIAN NATUROPATHIC ASSOCIATION	0 2 0
45 Vaccination		0 1 0
46 One set of anti-vaccination pamphlets		0 1 0
47 The Indian Naturopath Back Volumes	Volume No. I, II, each	0 8 0
Volume No. III, IV, V each	Vol. No. VI, VII, VIII, IX, X each	1 0 0
Vol. No. VI, VII, VIII, IX, X each		1 8 0

Postage Extra. Books shall be sent through Registered Post. They are available at—

NATUROPATHIC BOOKSTALL, C/o Prakruti Dharma Parishat

Satyanarayanaapuram, BEZWADA



# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are :

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic, critical and comparative study of the several ancient and inmodern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.
5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [ India ].

In particular,

[a] Through the medium of books, journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanitaria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of  
INDIAN NATUROPATH FREE.

PRICE Rs. 20. POST FREE

JUST PUBLISHED

# Human Culture & Cure

By

DR. E. D. BABBITT

WE are glad to announce  
 that the above book is now complete,  
 and has been sent already  
 to the pre-publication Subscribers.

Part I	Philosophy of Chromopathy and apparatus.
Part II	Sexualogy and Sociology.
Part III	Psychology and Mental Healing.
Part IV	Nervous system and Insanity.
Part V	Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth.

For detailed prospectus  
 apply to:--

The Chromopathic Institute,  
 Andhra Grandhalaya Press Buildings, BEZWADA.

## BOTTLES & CORKS

P. S. DUTT &amp; BROS.,

Manufacturers and Importers of all kinds of  
 Bottles, Phials, Corks and Capsules etc., etc.,

8, Ezra Street, Calcutta. Telephone - Cal 2133.

Factory: JAYANTI GLASS WORKS, Ltd., (CALCUTTA)

ISHED  
re

ers.

tions

ute,  
ADA.

8986



